THE Melbourne Activists' Cookbook

Your incomplete guide to preparing the perfect protest, stirring up trouble and reducing a diet high in capitalism

Welcome to

the Melbourne Activists' Cookbook

This is a resource guide for anyone who is seeking to alter the shitty state that the world is currently in.

Right now grass-roots organisations are actively creating new forms of resistance all around the world. You may have already attended a protest such as s11, joined a critical mass bike ride, posted your comments on indymedia, or eaten food cooked by Food Not Bombs. In doing this you are directly working to build an alternative society while simultaneously expressing your disregard for the bureaucratic regime we currently endure (that is not only unjust but also bloody boring).

Why stop there? Why just attend a protest when you can MAKE a protest? Why complain when you can DO SOMETHING?

This guide is a resource to help you get active, find your own style of resistance and create your own recipe for change. Instead of just marching along behind the person with the banner and the megaphone, imagine if every one of us got busy cooking up our own cunning plans.

Don't just participate, initiate. Don't just turn up to the next protest: come prepared. Better yet, start your own, right now!

This guide has three sections. The Ingredients is about how to organise, communicate and put plans into action. Healthy Alternatives to a Diet High in Capitalism tells you how you can (believe it or not) survive in our society without exploiting people, animals and the environment on a routine basis. Some Tasty Treats We Prepared Earlier is a resource list for getting in contact with the bevy of luscious groups already active in Melbourne.

So get your kitchen utensils ready 'cause it's time to get cooking. Grab your egg beaters, grab your garlic crusher, grab that evil looking spikey mallet thing and together we will MASH THE STATE.

Contents

1. Ingredients

Organise

- Affinity groups 3
- Meetings 4
- Indigenous Solidarity 8
- Fundraisers 9

Outreach

- Independent media 11
- Student media 12
- Corporate media 13
- The Internet 14
- Propaganda 16

Action

- Protest 19
- Blockade 19
- Reclaim the Streets 25
- Mini occupation 26
- Eco-defence 26
- Pies 27
- Hacktivism 28

2. Healthy Alternatives to a Diet High in Capitalism

- Transport 29
- Shut up and shop 30
- Food 32
- Rad 34

3. Some Tasty Treats We Prepared Earlier

- Melbourne/Victorian Groups 35
- Web sites 40

(All contacts for groups mentioned throughout the book are included in the Melbourne Groups list in 'Tasty Treats We Prepared Earlier' if not in the text)

1. ingredients

organise

So usually you are fairly disgusted at the disintegrating state of social justice and environmental care presided over by 'our' government. But this week, something particularly repugnant has happened and that's it. You've had enough. It's time to show the profiteering plunderers what you think of their philandering ways. It's time to ORGANISE.

affinity groups

'Life will not be a pyramid with the apex sustained by the bottom, but an oceanic circle whose centre will be the individual" (Gandhi)

An affinity group is a small group of 5 to 20 people who work together autonomously on direct action or other projects. You can form an affinity group with your friends, people from your community, workplace, or organisation. Affinity groups challenge top-down decision-making and organising, and empower those involved to take creative direct action. Affinity groups allow people to "be" the action they want to see by giving complete freedom and decision-making power to the affinity group. Affinity groups by nature are decentralised and non-hierarchical and generally use consensus based decision making.

History of Affinity Groups

The idea of affinity groups comes out of the anarchist and workers movement that was created in the late 19th century and fought fascism in Spain during the Spanish Civil War.

The Spanish Anarchist movement provides an exhilarating example of a movement, and the actual possibility of a society based on decentralised organisation, direct democracy and the principles behind them. Small circles of good friends, called "tertulias" would meet at cafes to discuss ideas and plan actions. In 1888, a period of intense class conflict in Europe and of local insurrection and struggle in Spain, the Anarchist organisation of the Spanish Region made this traditional form (tertulias) the basis of its organisation. Decades later, the Iberian Anarchist Federation, which contained 50,000 activists, organised into affinity groups and confederated into local, regional, and national councils.

Wherever several FAI affinity groups existed, they formed a local federation. Local federations were coordinated by committees including one mandated delegate from each affinity group. Mandated delegates were sent from local federations to regional committees and finally to the Peninsular Committee. Affinity groups remained autonomous as they carried out education, organised and supported local struggles. The intimacy of the groups made police infiltration difficult.

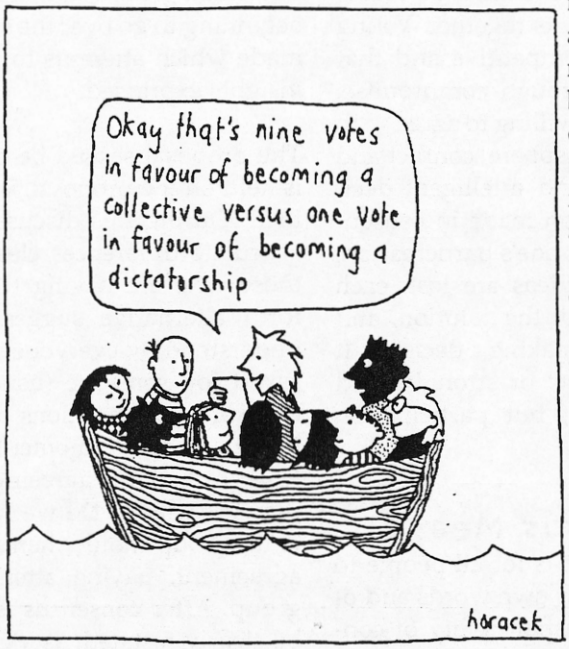
In July 1936, Francisco Franco, with a group of fascist generals, launched a military revolt to take power from Spain's government. Spanish workers and peasants armed themselves and defeated the military throughout much of the country, particularly in Anarchist strongholds. Millions of Spaniards took action to restructure society along revolutionary lines rather than revive the treacherous Spanish government. Factories, transportation, telephones and even wholesale and retail stores were taken over and run collectively; an estimated 1200-1800 self-managed workers' collectives were formed. Workers' self-management effectively replaced the remnants of government and private institutions, providing the everyday necessities of life - food, clothing, shelter, and public services. The experience of working in non-hierarchical affinity groups created the conditions for 6 million people in Spain to reorganise society along revolutionary principles, organising workplaces, agriculture, and communities without bosses and government.

The idea of large-scale affinity group based organisation was planted in the United States on April 30, 1977 when 2,500 people, organised into affinity groups, occupied the Seabrook, New Hampshire nuclear power plant. The growing anti-nuclear power and disarmament movements adopted this mode, and used it in many successful actions throughout the late 1970s and 1980s. Since then, it has been used by the Cental America solidarity movement, lesbian/gay liberation movement, Earth First and earth liberation movement, and many others. Most recently, affinity groups have been used in mass actions in Seattle (WTO), Washington DC (IMF and World Bank), and Philadelphia and Los Angles around the Republican and Democratic National Conventions.

What is a Cluster and a Spokescouncil?

A cluster is a grouping of affinity groups that come together to work on a certain task or part of a larger action. Thus, a cluster might be responsible for blockading an area, organising one day of a multi-day action, or putting together and performing a mass street theatre performance. Clusters could be organised around where affinity groups are from (example: Texas cluster), an issue or identity (examples: student cluster or anti-sweatshop cluster), or action interest (examples: street theatre or lockdown).

A spokescouncil is the larger organising structure used in the affinity group model to coordinate a mass action. Each affinity group (or cluster) empowers a spoke (representative) to go to a spokescouncil meeting to decide on important issues for the action. For instance, affinity groups need to decide on a legal/jail strategy, possible tactical issues, meeting places, and many other logistics. A spokescouncil does not take away an individual affinity group's autonomy within an action; affinity groups make there own decisions about what they want to do on the streets (as long as it fits in with any action guidelines). All decisions in spokescouncils are made by consensus, so that all affinity groups have agreed and are committed to the mass direct action.



Starting an affinity group

An affinity group could be a relationship among people that lasts for years among a group of friends and activists, or it could be a week long relationship based around a single action. Either way, it is important to join an affinity group that is best suited to you and your interests. If you are forming an affinity group in your city or town, find friends or fellow activists who have similar issue interests, and thus would want to go to similar actions. Also, look for people who would be willing to use similar tactics - if you want to do relatively high risk lockdowns, someone who does not want to be in that situation may not want to be in the affinity group. That person could do media or medic work, but it may not be best if they are completely uncomfortable around certain tactics of direct action.

If you are looking to join an affinity group at a mass action, first find out which affinity groups are open to new members and which ones are closed. For many people, affinity groups are based on trusting relationships based around years of friendship and work, thus they might not want people they don't know in their affinity group. Once you find which affinity groups are open, look for ones that have an issue interest or action tactic that you are drawn to, like a Free Tibet affinity group or a blockade affinity group.

What can an affinity group do?

Anything!!! They can be used for mass or smaller scale actions. Affinity groups can be used to drop a banner, blockade a road, provide back-up for other affinity groups, do street theatre, block traffic riding bikes, organise a tree sit, change the message on a massive billboard, play music in a radical marching band or sing in a revolutionary choir, etc...There can even be affinity groups who take on certain tasks in an action. For instance, there could be a roving affinity group made up of street medics, or an affinity group who brings food and water to people on the streets. What makes affinity groups so effective for actions is that they can remain creative and independent and plan out their own action without an organisation or person dictating to them what can and can't be done. Thus, there are an endless amount of possibilities for what affinity groups can do. Be creative and remember: direct action gets the goods!

meetings

If you are organising an action with others, it is essential to plan together what will happen when you carry it through. This will require a meeting of some kind. There are many different ways to arrange and hold meetings. Formal or informal, with open participation or with internal structures.

The assumption that many people have about meetings is that they have to be rigidly structured and hierarchical in order to be effective. Bollocks. You may have heard this snappy little line come out of the mouth of many a dedicated activist: "the way we fight is the fight". We don't agree with the way society is currently run, so why would we imitate their methods of organisation?

Meetings are most effective when everyone involved in the action has the opportunity to be involved in the meeting process, planning and decision making that will determine how the action is carried out. Not only is this equitable, but it usually proves to be inspirational as the more we are able to contribute, the more we will feel directly involved in the action (as opposed to the way large bureaucracies make us feel ineffective, uninvolved, and thus uninterested).

In light of this, the following is a guide on how to run meetings by consensus, by involving everyone directly

and equally in every stage of organisation.

What Is Consensus?

Consensus is a process for group decision-making. It is a democratic method by which an entire group of people can come to an agreement. The input and ideas of all participants are gathered and synthesised to arrive at a final decision acceptable to all. Through consensus, we are not only working to achieve better solutions, but also to promote the growth of community and trust.

Consensus vs. Voting

Voting is a means by which we choose one alternative from several. Consensus, on the other hand, is a process of synthesising many diverse elements together. Voting assumes that people are always competitive and that agreement can only be reached through compromise. Consensus assumes that people are willing to agree with each other, and that in such an atmosphere, conflict and differences can result in creative and intelligent decisions. Another important assumption made in consensus is that the process requires everyone's participation, in speaking and in listening. No ideas are lost, each member's input is valued as part of the solution, and feelings are as important as facts in making a decision. It is possible for one person's insights or strongly held beliefs to sway the entire group, but participation should always remain equal.

What Does Consensus Mean?

The fundamental right of consensus is for all people to be able to express themselves in their own words and of their own will. The fundamental responsibility of consensus is to assure others of their right to speak and be heard. Since our society provides very little training in these areas, we have to unlearn many behaviour patterns in order to practice good consensus process. Consensus does not mean that everyone thinks that the decision made is the most efficient way to accomplish something, or that they are absolutely sure it will work. What it does mean is that in coming to that decision, no one felt that her or his position on the matter wasn't considered carefully. Hopefully, everyone will think it is the best decision; this often happens because, when consensus works properly, collective intelligence does come up with better solutions than could individuals.

The Process of Consensus Agreement, at least informally, should be sought on every aspect of group meetings, including the agenda, the times the group should take for each item, and the process the group should use to work through its tasks. The following is an outline of formal consensus, the process a group uses to come to agreement on a particular course of action.

First, the problem should be clearly stated. This might take some discussion, in order for the group to identify what needs to be solved. Then discussion should take place about the problem, so the group can start working towards a proposal. The biggest mistake people make in consensus is to offer a proposals too soon, before the group has had time to fully discuss the issue. Tools a group can use during this preliminary period of discussion include brainstorms, go-rounds, and breaking up into small groups. When it is apparent that the group is beginning to go over the same ground, a proposal can be made which attempts to synthesise all the feelings and insights expressed.

The proposal should be clearly stated. Then discussion is held on the proposal, in which it is amended or modified. During this discussion period, it is important to articulate differences clearly. It is the responsibility of those who are having trouble with a proposal to put forth alternative suggestions. When the proposal is understood by everyone, and there are no new changes asked for, someone (usually the facilitator) can ask if there are any objections or reservations to the proposal. It helps to have a moment of silence here, so that no-one feels coerced into agreeing. If there are no objections, the group is asked "Do we have consensus?" All members of the group should then actively and visibly signal their agreement, paying attention to each member of the group. After consensus is reached, the decision should be clearly restated, as a check that everyone is clear on what has been decided. Before moving away from the subject, the group should be clear who is taking on the responsibility for implementing the decision.

Difficulties Reaching Consensus

If enough discussion has occurred, and everyone has equally participated, there should not be a group decision which cannot be supported by everyone. But depending on the importance of the decision, the external conditions, and how the process has gone, the group might be on the verge of reaching a decision you cannot support. There are several ways of expressing your objections:

Concerns : "I don't see the need for this, but I'll go along with the group."

THE MISADVENTURES OF ANN and ARCHIE...
WE'VE BEEN ARGUING ALL NIGHT ABOUT WHAT TO DO...
AND NOBODY AGREES WITH ANYONE ELSE...
FINE! I SUGGEST WE ADOPT THE LIBERTARIAN SLOGAN "UNITY IN DIVERSITY"...
EVERYONE DISAGREES ON WHAT TO DO, THEREFORE WE ALL AGREE TO DO NOTHING - OUR ABSOLUTE LACK OF SOLIDARITY BINDS US TOGETHER IN ABSOLUTE UNITY!!
eh?
THAT WAS A CLOSE SHAVE, YOU KNOW - BILL AND SARAH NEARLY AGREED ON ONE POINT - I HAD TO PERSUADE THEM NOT TO, OR OUR UNITY WOULD HAVE GONE FOR A BURTON!....
"ON THE WAY HOME..."
R.W.

Reservations: "I think this may be a mistake, but I can live with it."

Standing Aside: "I persónally can't do this, but I won't stop

Tools for White Guys who are Working for Social Change and Other People Socialised in a Society Based on Domination

1. Practice noticing who's in the room at meetings - how many men, how many women, how many white people, how many people of colour, is it majority heterosexual, are there out queers, what are people's class back grounds. Don't assume to know people, but also work at being more aware.

2a. Count how many times you speak and keep track of how long you speak.

2b. Count how many times other people speak and keep track of how long they speak.

3. Be conscious of how often you are actively listening to what other people are saying as opposed to just waiting your turn and/or thinking about what you'll say next.

4. Practice going to meetings focused on listening and learning; go to some meetings and do not speak at all.

5a. Count how many times you put ideas out to the group.

5b. Count how many times you support other people's ideas for the group.

6. Practice supporting people by asking them to expand on ideas and get more in-depth, before you decide to support the idea or not.

7a. Think about whose work and contribution to the group gets recognised.

7b. Practice recognising more people for the work they do and try to do it more often.

8. Practice asking more people what they think about meetings, ideas, actions, strategy and vision. White guys tend to talk amongst themselves and develop strong bonds that manifest in organising. This creates an internal organising culture that is alienating for most people. Developing respect and solidarity across race, class, gender and sexuality is complex and difficult, but absolutely critical - and liberating.

9. Be aware of how often you ask people to do something as opposed to asking other people "what needs to be done".

10. Think about and struggle with the saying, "you will be needed in the movement when you realise that you are not needed in the movement".

11. Remember that social change is a process, and that our individual transformation and individual liberation is intimately interconnected with social transformation and social liberation. Life is profoundly complex and there are many contradictions. Remember that the path we travel is guided by love, dignity and respect—even when it is bumpy and difficult to navigate.

12. This list is not limited to white guys, nor is it intended to reduce all white guys into one category. This list is intended to disrupt patterns of domination which hurt our movement and hurt each other. White guys have a lot of work to do, but it is the kind of work that makes life worth living.

13. Day-to-day patterns of domination are the glue that maintain systems of domination. The struggle against capitalism, white supremacy, patriarchy, heterosexism and the state, is also the struggle towards collective liberation.

14. No one is free until all of us are free

www.tao.ca/~colours/tools.html

others from doing it."

Blocking: "I cannot support this or allow the group to support this. It is immoral."

If a final decision violates someone's moral values, they are obligated to block consensus. A decision by an affinity group spokes-council can only be blocked by an entire affinity group, not by an individual. Blocks will rarely occur if the group has fully discussed a proposal. Another option is withdrawing from the group. Obviously, if many people express non-support or reservations, or leave the group temporarily through standing aside, there may not be a viable decision even if no-one directly blocks it. This is what as known as a "lukewarm" consensus and is just as desirable as a lukewarm bath or a lukewarm beer. If consensus is blocked and no new consensus is reached, the group stays with whatever the previous decision was on the subject, or does nothing if that is applicable. Major philosophical or moral questions that come up with each affinity group should be worked through as soon as the group forms. Discussions about values and goals are as important as discussions about actions to be taken, and too frequently get pushed aside by groups who feel time pressures.

Roles in Consensus Process

In large groups, it is helpful to designate roles for people to help the process move along. It is important to rotate these responsibilities for each meeting so that skills and power can be shared. Ideally, such responsibilities should belong to everyone, and not just the designated person.

Facilitator

The facilitator's job is to help the group move through the agreed-upon agenda, and to make sure everyone gets a chance to speak by calling on them in order. Facilitators should see that speaking opportunities are evenly distributed; that quiet people get a chance to speak and people who talk too much are given a chance to listen. The facilitator should observe when the discussion seems to be nearing the point when a proposal could be made. S/he can then call for a proposal or offer one to the group, and after more discussion if necessary, s/he can then guide the group through the check for consensus as outlined above. Facilitators should not use their position as a platform from which to offer solutions; solutions should arise from the group, and no-one should facilitate if they find they have strong opinions on a given issue. A facilitator can always hand over her or his responsibilities temporarily if s/he feels it necessary to step down. The group should not rely upon the facilitator to solve process problems, but should be ready to help with suggestions on how to proceed. Very large groups should use two or more facilitators.

Vibeswatcher

Vibeswatchers are useful in large groups where people don't know each other, and their job is to be attuned to the emotional state of the group. Is the group tense, or bored, or too silly? The vibeswatcher might suggest a game, or more light, or open windows, or a group hug. Sometimes simply calling attention to an emotional undercurrent that may be affecting group process is helpful. Vibeswatchers should also call the group's attention to a person whose anger or fear is being ignored, or to people who may be involved in a dialogue that has its causes outside of the group's activities. Vibeswatchers also should assume the role of "gatekeeper," taking care of any external disturbance for the group.

Timekeeper

A timekeeper keeps the group on track by giving the group a warning halfway through that discussion time is running out and by asking the group if it wants to contract for more time on a given issue. Timekeepers should ask if people want to set specific time limits on brainstorms or time allotments to each speaker on go-rounds. Before speaking themselves, timekeepers should be sure that someone else is timekeeping for that period.

Notetaker

A notetaker tries to clearly record key points of discussions, the consensus decisions reached by the group, things that were left to be decided later, and who has taken on responsibilities for particular tasks. The group (or the facilitator for the next meeting) should be able to use the notes to construct the agenda for the next meeting. A notetaker can also be helpful during the meeting to remind the group of key points covered in discussion if the group is having trouble formulating a proposal.

It's important to emphasise that every member of the group should try to facilitate, vibeswatch, timekeep, and notetake. Sharing the responsibility ensures that power is distributed equally within the group and makes consensus easier on everyone.

Decision-making During Actions

It is clear that consensus is a time consuming activity. It is therefore important for affinity groups to make their fundamental decisions prior to going to an action. Discuss in advance such questions as: What do we do if faced with a provocateur in our group or a nearby group? How long do we want to stay on site? How do we respond to police strategies designed to keep us away from the site? It helps for an affinity group to define for itself its particular goals, or tone. Such general definitions as "Our group will always go where numbers are most needed," or "We want to be where we will get media coverage," or "We want to leaflet workers inside the site," will help a group make decisions under stressful and changing circumstances. Be prepared for unexpected circumstances by selecting a spokes-person and a facilitator for your group for quick-decision making process during the action. It will be the spokes-person's responsibility to communicate the group's decisions to the action or cluster spokes-council. It is the

facilitator's responsibility to quickly and succinctly articulate the problem to be discussed and to eliminate those points where agreement has already been reached. It is the responsibility of everyone in the group to keep the discussion to a minimum if quick action is called for. If your point has already been made by someone else, don't restate it. A calm approach and a clear desire to come to an agreement quickly can help the process. Don't let anxiety overwhelm your trust in each other or your purpose in the action. Strong objections should be limited to matters of principle.

Tools for Consensus Process

Check-ins

Usually used for introductions, but besides names, people can tell the group how they're feeling (anxious, silly, tired),or what they expect from the meeting (certain decisions, certain length). A group might adjust their agenda according to the emotional state or practical needs revealed by the group during check-in.

Go-rounds

Each person is given a certain amount of time to speak on a particular subject, without having to comment on other contributions, or defend their own. Should be used at the beginning of discussion on an issue, if only a few people are doing the talking, or if the group seems stuck for good solutions.

Brainstorms

Is a short time during which people can call out suggestions, concerns, or ideas randomly, sometimes without being called on. Helps to get out a lot of ideas fast, stimulates creative thinking. It's not a time for discussion or dialogue. Someone can write down brainstorm ideas on a large sheet of paper so everyone can see and remember them.

Breaking up into small groups

Depending on the size of the original group, this could be from three to a whole affinity group. A small group gets a chance to talk things over for a specified amount of time before reporting back to the large group. This gives people a chance to really listen to each other and express themselves, and is very useful when a group seems unable to come to consensus. In a spokes-council meeting, breaking up into affinity groups to discuss issues or to make specific decisions is often necessary.

Fishbowl

In a large group, or a small group which seems hopelessly divided, a fishbowl helps to make clear what's at stake in particular positions. A few people, particularly those who feel strongest about an issue, sit down together in the middle of the group and hash things out freely for a designated period of time while the group observes them. The people in the middle don't come to any decisions, but the fishbowl gives everyone a chance to hear the debate without involving the whole group; often hidden solutions are revealed.

~~indigenous solidarity~~

A word for those non Indigenous activists reading this guide. If we really believe in social justice, then the fight for justice for Australia's Indigenous peoples should be part of all our activism. It is important that we move beyond recognising prior ownership and on going dispossession (important as it is) to really challenging our own racism(s) and ways of organising. We can begin by listening to Indigenous people, whilst realising that they are not a homogenous group without their own challenges. But also, we need to ask questions. What does solidarity mean to them? How would they like us to get involved in their campaigns? Perhaps the most important thing is to question ourselves on whether, in our organising, we are just continuing with the same racist assumptions that have underpinned the colonisation process, and act to change this racism in ourselves and in our organisations.

Get educated

There are some great websites devoted to indigenous issues that provide suggested off-line reading as well.

Kooriweb

A place in cyberspace for the indigenous peoples of Australia, controlled and operated by indigenous people.
http://www.kooriweb.org

Gary Foley's Koori History Webpage

Extensive history, essays and links on Koori history/justice issues put together by Gary Foley. An excellent educational resource
http://www.kooriweb.org/foley/indexb.html

Students for Land Justice and Reconciliation

Melbourne University students group in support of Land Rights, Justice and Reconciliation.
http://www.sljr.org

P.A.R.I.A.H

People against Racism in Aboriginal Homelands
http://www.freespeech.org/pariah

Gibsonnet

Contains a vast collection of Indigenous links.
http://indigenous.gibsonnet.net/links1.htm

Defenders of Native Title Victoria

DONT is a grass-roots movement comprising of Churches, Community Groups, Organisations, Unions and concerned individuals taking a stand with Aboriginal and Torres Strait Islander peoples against the Howard Government's "Ten-Point Plan".
http://www.vic.uca.org.au/people/dont/

Contacting Indigenous Groups

The Mirimbiak Nations Aboriginal Corporation

Mirimbiak Nations is a Statewide organisation devoted to researching and co-ordinating land claims in Victoria.
http://www.indiginet.com.au/mirimbiak/
Ph: 9326 3900

Australian Conservation Foundation

The ACF's indigenous officer is Charlmaine Clarke
Ph: (03) 9416 1166 E-mail: acf@acfonline.org.au

Campaigns on now

Irati Wanti - The poison-leave

Kupa Piti Kungka Tjuta campaign to stop Federal Government plans for a radioactive waste dump on their land. Check out http://www.iratiwanti.org
Contact email: kungkatjuta@iratiwanti.org ,
ph: 0409 694 864 /(08) 8672 3413

Keepers of Lake Eyre

A coalition of environmentalists and Arabunna of the Lake Eyre Region, taking on Western Mining Corporation. More information about the Arabunna within this site. http://come.to/lakeeyre
email - lakeeyre@microsuxx.com

Jaara People

The indigenous owners of the land west of Bendigo in central Victoria are setting up a cultural centre to do tours of the sacred sites of the area and generally provide education. They would love any kind of help that people can give to get a shop front up and to restore important areas.
Contact: Sue 544 15367 or George 0402 459 039

Yorta Yorta Native Title Claim

The Yorta Yorta continue their fight for native title after their appeal was thrown out by the Federal Court. The original decision by Justice Olney said that the "tide of history" had washed away the Yorta Yorta's native title rights!!#@.
http://www.sljr.org/landjustice.htm

Friends of Kapululangu Australian Aboriginal Women's Centre.

Keeping Traditional Culture strong. The Elders invite your partnership. http://home.vicnet.net.au/~fokapu

Adnyamathanhna

Campaign by the Adnyamathanhna / Flinders Ranges Environment Action Collective people to stop the Beverley Uranium Mine in the Spencer region of the Flinders Ranges in SA http://freac.gibsonnet.net/
Tel. (08) 8675 2242 or 0428 660 636

Mirrar Online

Stop Jabiluka!! The Mirrar's people's site against the Jabiluka uranium mine. http://www.mirrar.net

Ningala Ningala - Terrassa EU

ACAM - Anarchist Cultural Association is a group in Melbourne undertaking the creation, with the cooperation of Indigenous people of affinity in Australia, of an Indigenous Australian Embassy to the European people. The Embassy, called Ningala Ningala - Terrassa EU, is being hosted in Terrassa, Spain.
http://www.kooriweb.org/ningala/index.html

Aboriginal Genocide

A small organisation committed to Aboriginal genocide litigation, we have current and pending cases in the Australian court system. Information regarding these cases is available here http://www.aboriginalgenocide.com.au

Aboriginal Tent Embassy

Home of the continuing Embassy picket located on the lawns of the old Federal Parliament. A must visit when in Canberra.

fundraisers

Some actions require nothing more than your cunning wits and unparalleled daring to carry them through. However, for others there may be a need for a range of material props such as puppets, banners, bolt cutting/welding equipment etc etc. Since you are probably not employed in top management at IBM or some other such lucrative career position, you may not have piles of money to invest in the acquisition of such items as required. An easy and fun way to get your hands on the booty is to a) find a non-purchase method of acquisition or b) throw a big party, invite all your friends and make 'em pay to get in (make 'em pay more if they don't dress up funny). It's called putting on a FUNDRAISER.

The most important key to the success of your fundraiser is not how elaborate or classy it is, or how many celebrity guests appear. The most important thing is letting EVERYONE know that it is on. Word of mouth is very effective so first of all you should ring up all your friends and tell them to ring up all their friends. Then there are some excellent people out their in media land who already have a wide audience that you should get in contact with to advertise your event.

Wiseworld

Wiseworld puts out Victoria's quarterly wall-chart and internet calendar of progressive culture promoting all the 'Good Guys' that are making a positive difference at all levels. Contact them with the date, time and location of your event and what it is about in less than twenty words and they will include it in their calender. However, this needs to be done well in advance, so only the most organised will find it useful.

SUWA show on 3CR

SUWA is a radio program that will happily advertise

any event you may be holding in the aid of social/environmental justice or just having a good time. See 'Outreach' for more details.

SKA TV
Access News screens weekly on Channel 31 at 8pm on Monday, and will advertise stuff at the end.

STUDENT NEWSPAPERS
See Independent Media in the 'Outreach' section for lists and contacts.

THE INTERNET
Again there is the internet. Always the internet. Obviously you can e-mail people. You can also e-mail groups lists if you want to tell lots of people at once, but some lists may not appreciate your flippant use of their chat medium. Especially if you are advertising an event that is not in agreement with their politics. There are also activist calenders on the internet where you can just type in your event and it goes straight on. A good one for Melbourne is Active Melbourne which can be located through the indymedia web site or directly at: www.melbourne.active.org.au

Other Fundraising Ideas
Of course, money raising methods are only limited by your imagination. Other stuff you could do besides throw a party may include raffles, street market stalls, benefits and dances (ie parties with a bonus like a live band or movie), theatre, direct action and other workshops, quiz nights, auctions, selling a news letter or zine, or simply passing a hat around at meetings. The possibilities are only limited by your imagination.

Now here is a list of excellent people who might provide you with their talents and services for your benefit, if you ask them nicely:

BANDS THAT ROCK
Curse ov Dialect (political hip-hop)
Contact: Adam 9372 7143 / 0413 243 658

Deconsume (crusty punk)
Contact: Barricade Books 9387 6646

Pan or Tzu (political Hip-Hip)
Contact: Joel 9439 7925

Guernica (Rock/pop)
Contact: Grant spain1936@hotmail.com

Kate H (rock/original/activist/chick covers)
Contact: katehosking@yahoo.com

Carl(acoustic)
Contact: pannuzz@yahoo.com

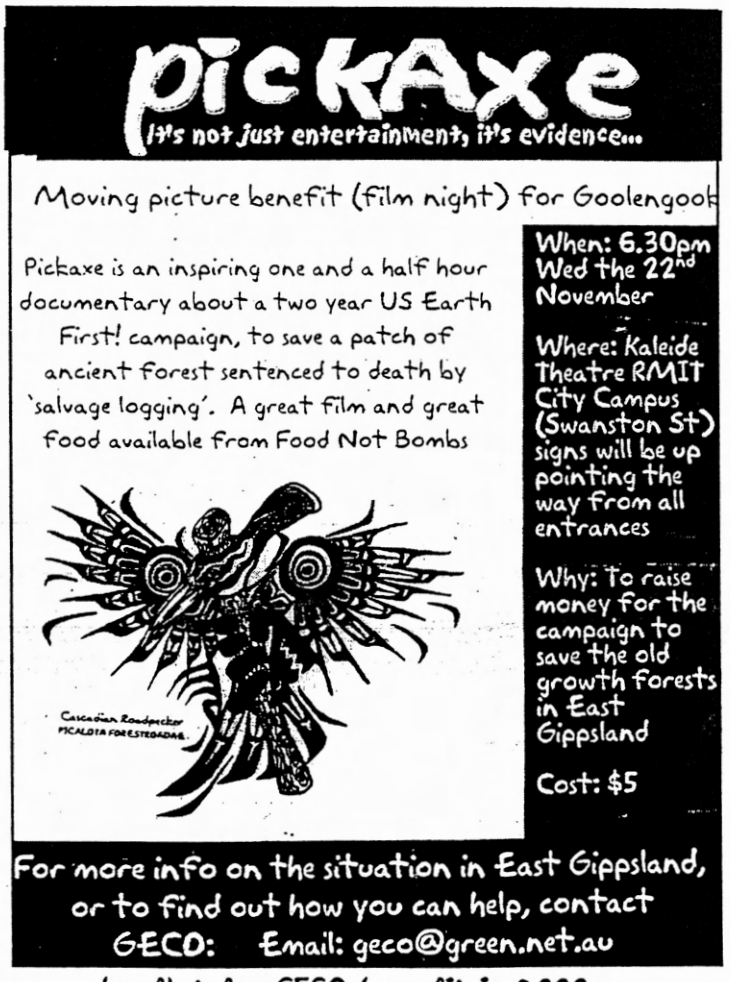
CATERING
Food Not Bombs cooks up sooo delicious organic vegan dishes for benefits and other events.

VISUAL
SKA T.V. has excellent videos made in Melbourne and internationally that you can borrow to show at your benefit. Barricade Books has a few videos as well. Otherwise try university libraries. Projectors can be borrowed from Indymedia or hired from universities.

VENUES
It can be expensive hiring a venue and the whole point of having a benefit is to get money, not lose it. There are however some great venues that are not too pricey or even free sometimes.

Northcote Bowls Club (indoor and outdoor)
Barricade Books and Infoshop (small)

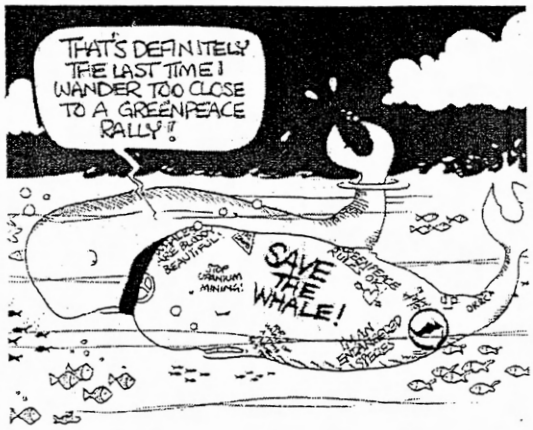
Look around your local area for bars and clubs that will give you a room for free. Some do this as long as they can run a bar in the room and get everyone's money. You can get everyone's money by charging an entry price.


pickaxe
it's not just entertainment, it's evidence...
Moving picture benefit (film night) for Goolengook
Pickaxe is an inspiring one and a half hour documentary about a two year US Earth First! campaign, to save a patch of ancient forest sentenced to death by 'salvage logging'. A great film and great food available from Food Not Bombs
When: 6.30pm Wed the 22nd November
Where: Kaleide Theatre RMIT City Campus (Swanston St) signs will be up pointing the way from all entrances
Why: To raise money for the campaign to save the old growth forests in East Gippsland
Cost: $5
For more info on the situation in East Gippsland, or to find out how you can help, contact GECO: Email: geco@green.net.au
Leaflet for GECO benefit in 2000.

If you have any amazing talents or resources that you are willing to volunteer to share at benefits held with the aim of raising funds for the elimination of capitalist society, please contact us and we will put you in the next cookbook.

Contact: headchefs@rescueteam.com

outreach



Now that the planning for your action is well under way and you have some idea of what you will be doing on THE DAY, it is time to start telling as many people about it as possible. That is EVERYONE. Your outreach should be as far and wide and diverse as possible so that even people who do not want to participate are aware of what you are going to do, and most importantly WHY.

Of course, the timing and amount of publicity you want to give your action will depend on it's nature. Some actions that may be less accepted and understood by mainstream society are planned with the impact of the actions' message to occur after it's execution. In such cases, you may or may not chose to include your local member of parliament, the staff of A Current Affair or the Victorian police force in your outreach program. Such actions are generally made known to the wider public through an anonymous phone call or press release well after the actors have departed the scene.

For mass actions that are planned well ahead and depend on the enthusiastic and informed participation of many, publicity beforehand is essential. A good place to start igniting peoples' interest in the issues you are concerned with is through the media.

There are many different types of media. For example, there is the independent media that, unfettered by vested interests or censorship is concerned primarily with the task of reporting the truth in the pursuit of social and environment justice. Then there is the corporate owned, advertiser lead, profit driven mass media which I can say without the slightest exaggeration or metaphorical intent, is a bunch of shit.

~~independent media~~

SKA TV

The folks at SKA TV do many excellent things. One of them is follow people around with cameras and record their action and then show it on access News screened weekly on Channel 31 at 8pm on Mondays (with simultaneous big screen broadcast in the bar at Trades Hall). They also make many vidoes of activists' activities around Melbourne. So if you are going to do a public action, TELL THEM.

SKA have also produced Activist Awards, Global Insights and S11: Melbourne Rising videos and are always working on new projects.

IndyMedia

Indymedia is an internet based worldwide media forum that anyone can contribute to by publishing articles online, or posting comments about articles and issues already published. Melbourne has it's own Melbourne Indymedia site allowing for good coverage of local issues, as well as international and global ones. Don't hate the media - be the media

"The Paper"

The Paper is a fortnightly independent newspaper dedicated to topical issues and current happenings. It aims to be a forum for critical thought, where content and presentation of ideas remain unaffected by corporate and governmental influence. The Paper is being produced in Melbourne (Australia) by a group of people who have experience in alternative media projects. The success of The Paper will depend entirely on the level of support that it is given.

3CR Community Radio

3CR is one of several community radio stations that will make community announcements about up-coming

events. Community announcements are made at 8:25 on weekdays. Many self help and social action groups have programs on 3CR dealing with issues for women, workers, kooris, prisoners, housing etc.

3CR (855 KHZ) Community Radio: ph 9419 8377 or e-mail staff@vicnet.net.au

Joy Melbourne (90.7 FM) Gay and Lesbian: ph 9690 0907

3PBS (106.7 FM) Progressive Broadcasting Service

3RRR (102.7 FM) Alternative Youth

SUWA Show (squatters and unwaged airwaves)

Since 1985 the SUWA show has been covering local and overseas direct action from a libertarian perspective. Our prime interest is in unwaged and housing issues, but much of the show covers troublemaking in general. SUWA has gone through a lot of different line ups and changes over the years, but the focus remains on direct action and fighting back rather than commentary and theoretical questions. Most weeks we interview people involved with various campaigns and actions, read reports and announce anything that's coming up. We take a non sectarian approach and generally will plug any action that folks are involved in. Currently we are limited to covering what we personally know of, hear about or glean from the net. The more that direct action folks contact us the more we can report on and promote. Time permitting we can also help out with producing community announcements to advertise actions and events on other programs. In the past year we have produced such announcements for Barricade Books, Food not Bombs, s11 AWOL, the East Timor Community Computer Project, Melbourne Uni food coop, Grasslands and others. SUWA airs from 5.30-6.30pm every Friday on Radio 3CR (855am).

Dissenterlink

Dissenterlink is a zine produced by the IWW unemployed group. It is funny and informative, providing support and contacts for the unemployed suffering under the maddening oppression and illogic of Centrelink.

SCAM Publishing

SCAM publications produce, promote, and distribute anarchist literature, with a focus on original and local material, anarchist ideas in all facets of life and labour.

student media

The National Student Media Alliance can be reached at <studentmedia.com.au>. This site has an upload facility for people to upload articles, photos, graphics and links to useful websites that student editors from across the country can then download and print. The combined audience of national student media is several million people. It also has a comprehensive list of all the student newspapers/magazines in the country along with their contact details.

The student media list can be posted to at <studmedia@yahoogroups.com>. This provides a direct route for your article straight into each editor's email box.

Victorian Student Newspapers Contact Details

Bootleg - Uni of Ballarat
03 53279430
sa_editor@ballarat.edu.au

Catalyst - RMIT City campus
03 93477744

Farrago - Melbourne University
03 83444810

Lots Wife - Monash University
03 99053182

Planet - Deakin Geelong
03 52273334

Rabelais - La Trobe University
03 94791028

Winston - Monash Gippsland
03 51226248.

NB: the biggest print runs are Farrago (Parkville), Catalyst (City), Lot's Wife (Clayton) and Rabelais (Bundoora).

Some things that you should know about student newspapers

1. Most student newspapers are edited by a group of students who are elected every year. This means the paper/magazine often changes dramatically from year to year depending on the politics/skills of the editors. It is for this reason that I have only included the land line as a contact. Often the email changes every year so its best if you ring the editors up and find that our for yourself. Some of the smaller papers are edited by staff which means they can be much more conservative.

2. Yes student newspaper editors are always desperate for contributions. They really really really want your shit. Seriously.

3. You could write an article, interview yourself, ask them if they would like to interview you, draw a cartoon etc. If you have a powerful image they may even put it on the front cover, ditto if you have design skills.

4. If you are supplying text and want to make the editors

life easier, and therefore have a higher chance of getting your stuff printed, you should try and provide a graphic, photo, object, cartoon to be scanned. Anything that will in any way complement the text, it doesn't have to relate directly. If you can't think of anything, just give them some cool graphic that you like. THIS PART IS REALLY IMPORTANT!

5. Ask the eds how they want your stuff to be submitted, ie what format? What dimensions? How many words? etc. As a rule it is far far far better to submit via email or to walk in/send a disk than to expect them to type out your scrawl/printout.

Why contribute to a Student Newspaper

1. Ideally student media (depending on the editorial team and the structure of the funding post VSU) is independent media. By "us" for "us" not some bunch of advertising exec or whatever. Student media can act as an accessible information sharing medium (albeit the readers will usually be limited to the university community).

2. It's a bit like having thousands of your leaflets/posters/zines/rants printed, copied and distributed to thousands of people without any effort or expense on your part. For example Farrago prints 10,000 copies of each edition. FREE! EASY! HOORAY!

3. Your contribution doesn't have to be an article. You can use a student newspaper to advertise your event/action/meeting/screening. Usually student newspapers are more than happy to run a free ad for a 'good cause'. Maybe they have a "what's on" page and all you have to do is call them up and give them the details. Talk to them, tell them what you want to communicate and see what they think. Remember that they often have a month turnaround and distribution takes a few weeks. If you are advertising an event make sure you do it well in advance. Ring 'em up, find out the deadlines and distro dates. Don't be surprised if they don't end up meeting them.

4. Don't forget the letters page. Easy, quick, guaranteed to be printed.

~~corporate media~~

Commercial media in Australia is highly corporatised and lacks the diversity to ensure an independent voice. However, some of the operations may cover stories which they feel will be of interest to their audiences, though the time and care taken to ensure the story is treated with the sensitivity it deserves may not happen. It is worth noting that not all journalists are suck up to the editor types, and are willing in some cases to take on unpopular/risky stories.

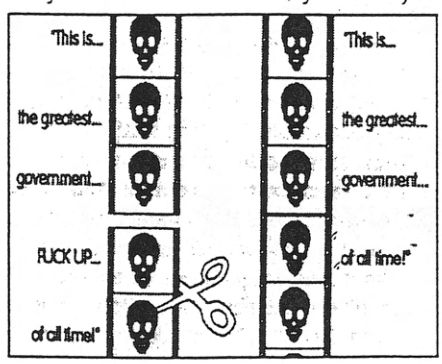
There's three ways of meeting a journalist. You either contact one yourself to get a story out; you are contacted by one because you are representing an issue; or one of your friends have referred a journalist to you because maybe they feel you want to be the voice of the issue. SBS and ABC are Australia's national broadcasters, though that doesn't mean much these days. They have a mission to address more marginalised issues. So, that could always be a line to use if you are writing them a proposal to cover a story. Also, words and phrases like, 'people from a non english speaking background', 'culturally diverse', and 'ethnic' may help. With the more commercial media, go with words like 'potentially violent'. Well, maybe not. But realistically, even SBS are more interested in stories of conflict than stories of positiveness. So, keep that in mind. Stories of struggle can also have significant emotional value and may be of interest to the commercial media. Again, be strategic in your pitch whether it is via a media-release or via a phone-call or proposal. If you want commercial-media coverage, you have to give them what they are looking for.

If a journalist is really interested, he/she will take time to talk to you. If they are in a rush its probably not worth talking. Say you are busy or put them on to someone else. Often, in a rushed-mode, misquotations occur and your story will not get out clearly.

Mass Media Fax Stream Contacts

NSW
SBS RADIO 02 94381660
SBS TV 02 94303040
SBS DATELINE 02 99573571
VIC
ABC TV NEWS 03 95242712
ABC RADIO MELB 03 96261661
ABC RADIO NATIONAL 03 96261621
ABC JJJ 03 9626 1707
SBS RADIO 03 9686 7496
3CR 03 9417 4472
AAP 03 9619 9385
AGE NewsRoom 03 9601 2332
CH 9 03 9429 4082
CH 7 03 9697 7899
AGE SUNDAY 03 9601 3137
3RRR 03 9417 1841
FOXFM/3MMM 03 9525 5621

These are the fax numbers to use when sending an article. If the fax number you want is not here, you can just call the newspaper you want to send stuff to and ask them where to fax a press release. A press release can be sent to announce any action that is coming up or that has occurred that



you want to let the mass media know about. Some newspapers prefer stuff to be sent by e-mail. Do both to maximise your chances.

MEDIA RELEASE MEDIA RELEASE

Attn: Chief of Staff

BAD CLOWNS MAKE A MOCKERY OF McDEATH BURGERS

n 'Ronald McDonalds' will roam around Brisbane City cutting down trees, killing farm animals and exploiting chil-en in a visual display highlighting the many facets of destruction caused by multinational junk food chains like cDonalds.

e street theatre will form part of an event organised by Brisbane activists for International No McDonalds Day, a glob day of action against McDonlalds on Saturday 16 October. Also planned are speakers from the National Union Of udents, Food Alliance and Animal Liberation, satirical musical performances and colourful visits to McDonalds stores the CBD.

e action will bring attention to the long-running McLibel case in which a British judge found McDonalds guilty of- ing cruel to animals, falsely advertising their 'food' as nutritious, being antipathetic to unions and exploiting children. e accusations for which McDonalds libeled the two Greenpeace activists also included rainforest destruction, causing er, depressing wages and causing third world poverty.

or too long McDonalds has been able to hide its destructive practices behind the smiling face of a clown, through lti-million dollar advertising advertising bombardments and intimidation of its opponents. We plan to expose the wn behind the clown, not only on International No McDonalds Day, but also through an ongoing 'McMurder cam- ign™, said Meryun Tüzer from the University of Queensland Union Environment Collective.

e demonstration will also emphasise the class action currently being waged by 6000 disgruntled McMatch and Win rants after McDonalds failed to deliver the prizes, as well as the issue of genetically modified ingredients in cDonalds meals.

he attention created by a global day of action will add to the high level of public mistrust of the greedy corporation. t public relations disaster that was the McLibel case and the growing international backlash against corporate domina- n:, said Eleanor Glenn from the No McDonalds Day Organising Collective.

INTERNATIONAL NO McDONALDS DAY, BRISBANE
Date: **Saturday, 16 October 1999**
Time: **11.30am**
Place: **King George Square, then McDonalds stores around the city**

For further information, please contact Meryun Tuzer on 3377 2255

FOR IMMEDIATE RELEASE

Format for a press release

Letters

The easiest way to contact the mass media is to write a letter that will, if they so choose, appear in the letters section of the paper. Make sure your letter is very short and to the point if you want to have a hope of getting it published. By taking the oppositional point of view towards the event/action you are wanting to advertise, you have a much higher chance of publication. For example, if you are planning a Reclaim the Streets and you want it mentioned in the paper, write in saying that you are a local citizen who is concerned about the "mayhem" that this will cause. If it is to the Herald Sun, make it sound sensational and frantic like you are an angry, ill-informed person who is shocked and threatened by something un-mainstream. If you are writing to The Age, use a bit more decorum, longer words and try to link it to a pertinent issue such as safety or something to do with our "social fabric". If you are writing to the Australian, go for something in between. Make sure to sign your letter with a highly inappropriate name for extra laughs when it is printed.

THE AGE: letters@theage.fairfax.com.au.
or call and leave <50 words recorded message: 96701601
HERALD SUN: hsletters@hwt.newsltd.com.au
THE AUSTRALIAN: ausletters@newscorp.com.au

They are more likely to print letters if you leave a name and number that they may use to "verify" the writer.

the internet

The Internet is for everyone. And you don't need to be a nerd to use it. People complain that the use of email is elitist and cuts off people who don't use email, but anyone and everyone can use the Internet. In Victoria all public libraries provide some internet access. This is a way of keeping in touch through Email, find out what's happening through searching on the World Wide Web and joining in discussions on news groups and through mailing lists like the s11, melb2000, AWOL lists. You don't need to have your own computer as all Victorian public libraries and the State Library in Swanston Street have internet access, and many community centres and learning exchanges have public access computers, or you can ask friends or relatives if they will let you access your free email account from their internet enabled computer. Commercial access is available through Internet cafes or some businesses combine services ie Laundry/internet or Bookshops/internet, some shopping centres have an internet access booth and because email has replaced the Poste Resante for travellers there is usually internet access at Backpacker Hostels. There is also free internet access from the Government info centre in Queen St and Information Victoria in Collins Street in the city + Victorian government info centre + Welcome Centre Ross House.

Using e-mail

To use email you will have to sign up for a free email account with a web-based service. Having found an internet access computer you go to the web page for the service that you are going to use, ie to sign up for mail.com you would type in the web address <http://www.mail.com> and then look for the "sign up now" link and follow the instructions. This usually involves reading a list of terms and conditions, agreeing with those conditions, choosing your user name (this also might be called your ID, email name, sign-in name, member name, subscriber name). There is also a function where you can give a reminder clue word (like your dogs name) that can be used to change your password if and when you forget it.

Some services then ask for some more personal details, name, address income, mother's maiden name, but you can be creative if you don't want to reveal too much about yourself. If someone else has already taken the user name that you nominate you might be offered a choice of other user names or asked to just make up another one, if every thing is filled out properly then you will given your email details. Beware of little boxes at the end of the form that you have to "uninvolved-tick" in order to avoid being sent junk mail. An email address is in the form: NAME at HOST
ie. bsmith@hotmail.com
smithb@apana.net.au

Write this down straight away along with your password and reminder details. When giving out your email address always be clear because it has to be written

exactly as given, spell it out. This is important if the address is something other than expected. Now that you have email you can write to people around the world, keep in touch when you're travelling and join in the network of net activism.

To find out what's going on and what events are coming up, visit websites such as indymedia and active melbourne. To find discussion groups around specific subjects go through <http://www.yahoogroups.com> and sign up to email lists like melb2000.

About security: don't put anything incriminating in writing!

Making Websites

Making a website is not difficult, it's just confusing. The process can be broken down to just a few steps; so long as you have a computer with an internet connection, some bodgy software, and plenty of perseverance (or an unhealthy obsession with computers), web publishing is within the grasp of any computer literate person. If you want to put info on the web, but are unsure of the steps, try this:

Designing a website is the counterpart of web browsing, but in process it is more like using a word processor or page layout program. Putting info on the World Wide Web is a kind of publishing . Compare it with email or print media as a means of conferring information or graffiti as a message board.

Publishing on the web is cheap, immediate, requires few resources, and can be seen from any web browser in the world. The main restriction with Web publishing is it excludes people who don't have access to the internet.

There are four elements to getting a site up:

1) You need content, which you need to format in HTML. (eg a file called SNAFU.HTML)
2) You need the content to be published on a server.
3) You must have an address on the server, so people can find it (eg. http://www.gone.org, www.elf.org which could direct toward any server on the Web).
4) Once your site is set up you need to upload it onto the web.

1. Content

The content is the key to the site. The other steps are procedural. Work out what you want to put on the site text and pictures are the best place to start. Then start assembling it.

The standard format for WWW documents is HTML hypertext markup language. It's like a special word processor format that can handle text, tables (for fancy formatting), layers (even fancier interactive formatting), and links to other locations on the WWW. It can embed pictures, sounds, motion clips and other electronic documents. A web site can become a very confusing place! Netscape Navigator and Internet Explorer are browsers: they can read HTML (and surf the web), but they do not write HTML. There are specific programs for compiling HTML content: try Dreamweaver by Macromedia, or there are others.

If you have used word processors or programs like HyperCard or PowerPoint, the basic concepts of programs like Dreamweaver are similar and pretty easy, but expect to be confused all the same. Insert a table to position the text, enter your text (cut and paste from a word processor), and insert pictures using the Insert Image command. There are plenty of books around on how to use these programs.

Being able to format text, insert pictures, and hyperlink to other documents are the primary skills to learn; the rest are flourishes. For very simple HTML, it is possible to save even a MS-WORD document in HTML format, and upload it to the web.

Skill in programs like Photoshop 5.5 or Flash are invaluable for adding look to a site. Websites are best kept small, and both these programs can assist that. Photoshop combined with a scanner is a really good setup. Many scanned photos will want to be cropped, resized or filtered before putting on the web.

Advanced web sites: The simplest website contains no more than ascii text: web browsers can show txt files as easily as HTML. in contrast,, sites like <indymedia.org> use server-side programs to build a complicated and versatile interface. "Plug ins" allow other programs to run within a browser window, so your computer can stream video, animate flash files or show Acrobat documents. Web sites are a blank canvas, you can express yourself using any of its tools.

2. Serving over the WWW

You could publish (or serve) your own site over the World Wide Web from your own computer with the right software—so long as you remained connected to the Internet. But as this is expensive and difficult, you will need find a host and put it on their server.

A host can be arranged for free (through a university or sites like <geocities.com> or <xoom.com>—with annoying advertising), or you can find commercial servers by searching for "website hosting" on a search engine. A commercial server costs money, but should give a good connection and allows you to have your own domain name. Servers may be anywhere in the world ñ but a proximity to your audience helps. Eg Melbourne users should get a faster connection to a Melbourne server than one in the UK.

Putting your content on a free site has advantages of anonymity too: <crosswinds.net> has its own web-browser based FTP interface, which means it is possible to upload documents from a café computer to the web.

3. Sites and Address

A "website" is a fairly vague term: it can refer to a single

page or a cluster of pages. There is no need to have a front page, but it may help users to have a beginning.

An address is crucial. This is how the HTML documents are located on the ever-changing directory of the internet. An address is centred around a Domain Name. A domain name consists of a name and an extension—eg. <s11.org> or <abc.net.au>. There can be subdomains, like <melbourne.indymedia.org>, and directories, like <www.antimedia.net/awol> is a directory on <antimedia.net>.

It is possible—at a price—to purchase your own domain name. This domain can be directed to any server. Domain names and hosting can be arranged as a package: search for "domain registration web hosting" on google. The domain name system is regulated by ICANN, which meets in Melbourne on 10-13 March 2001.

4. Uploading to the web

When you're content is complete and your server and address are known, you will need to upload your content to the server. There are different protocols for uploading to your server according to the server's preferences. Normally File Transfer Protocol (FTP) is used:

Dreamweaver has an FTP interface inbuilt, or programs like CuteFTP allow you to upload files independently. This is just a procedure to verify that you know the server's password and to enable you to read and write to the server's hard disks freely.

Once uploaded, anyone browsing the web who requests the right document will see the document that you uploaded to that address.

Paranoid shit

The internet is an anarchy—do as thou wilt, but exercise caution. If you are doing anything controversial which starts making news, expect (at the least) threats of legal action. Try to deal with them creatively. The internet is also a complex digital arena, which is ever changing and always uncertain. It is not a good place for confidentiality. Is Back Orifice on your computer? A few simple precautions will assist anonymity though—don't use your real name, use a friend's credit card when purchasing online etc.

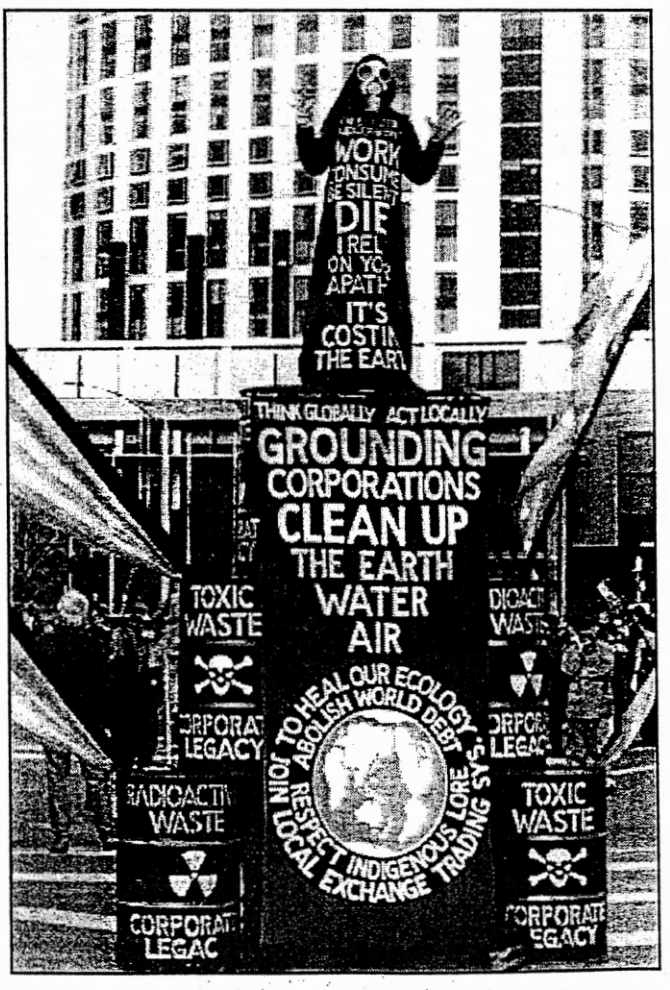
More info

The internet is the internet. It was designed by the military, but came into the public domain via academia—there are a lot of older systems and sites that coexist with the flashy consumer driven websites advertised on billboards; sites like <totse.com> apparently pre-existed the public internet. Anything and anyone you need to find is hidden somewhere online. Search engines like <google.com> are a good start. You can teach yourself endlessly.

~~propaganda~~

A wise person once said (I forgot to write down who it was-not wise) "if a writer on a political subject manages to preserve a detatched attitude, it is nearly always because he [sic] doesn't know what he [sic] is talking about. To understand a political movement, one has got to be involved in it. And as soon as one is involved one becomes a propagandist." ie bring on the propaganda!

For upcoming events, leaflets telling people what is going on, when and where in a concise and preferable entertaining way are fairly essential. However, people get pissed when you continuously shove leaflets in their face. Other good ways to spread your message through propaganda include the use of stickers, posters, banners and other more permanent tools. You can even use yourself as a medium for communicating your message, simply by printing up and wearing your message on a t-shirt. A less expensive alternative is getting your gear off and painting your message directly onto a given body part, as demonstrated recently by the clearfelling message communicated so eloquently to John Howard. With some creativity, the possibilities are endless. And remember what the wise person mentioned earlier said: "all art is propaganda . . on the other hand, not all propaganda is art."



Photocopying

In order to make a useful amount of stickers, posters and other printed material, finding cheap or free photocopying is required. Places to access cheap photocopying include:

Student Unions: the environment officers at student unions will usually do free photocopying for anyone who contacts them with a campaign.

Centrelink has free photocopying available for dole related activities (in theory).

Commercial Copy Centres: there are a few commercial centres open 24 hour which can be useful if stuff needs to get done on short notice, but cost $$. There are a few places in LaTrobe St. between Swanston and Elisabeth in the city that cost 5 cents for individual pages.

Dinkums: Swanston St is open 24 hours in case of propaganda emergencies.

Stickers

Stickers are cheap and easy to make in large numbers. Simply get sticker paper, cut to A4 size and feed it through a photocopier. Richmond Paper supplies have sticker paper. Fluro colours look groovy.

Postering

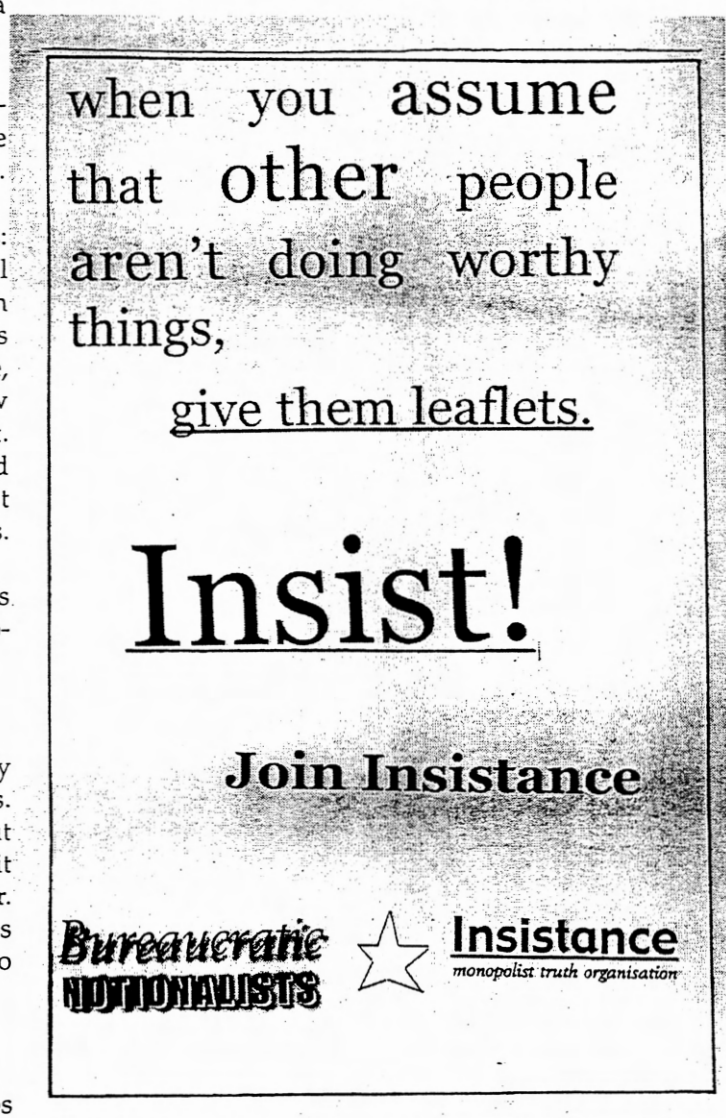
Once you have made heaps of posters and stickers, the best way to spread the message is to plaster a designated area at a time with many posters/stickers at once. The funnest and most effective way to do this is with a bunch of friends. Chose an area with high people density and think about who you want to read your message and where they will be travelling. Bring sticky tape and glue to stick posters. You can buy packets of poster glue at hardware stores which you simply put in a bucket and add water to. Otherwise you can just make your own. Don't forget to bring a brush to apply glue to surfaces. Stickers stick themselves.

Glue recipe

Fill a large pot with water and begin heating. In a separate bowl add plain flower and water together slowly. It is important to thoroughly mix it bit by bit until a smooth paste is formed. Slowly stir the paste in to the heating water (you need to add quite a bit). Continue stirring until the appearance becomes translucent, which may take 10 or so minutes—then its ready.

Where

Well where ever. It's worth remembering that in the inner city posters don't stay up long. Hot Tip: if you put them on poles the council will pull them down. If however you put them on the walls between shops or on the side of shops they are likely to stay for longer.



Banners

Banners are useful way of getting attention. Calico is pretty cheap, tough, lightweight material for doing stuff on (approx $5/metre for 1.8m wide). Try any Spotlight store. Make sure the paint you use stands out against the material. The message on a banner must make a clear point in very few words to have a strong impact.

Banner Drops

Banner drops can be spectacular if he banner is really huge and hung in a conspicuous place (ie think of the now famousWTO/Democracy banner in Seattle). Good places are often high and may require climbing equipment (and experience in using climbing equipment unless you want die. The Ruckus Society provides a complete 'how to' guide on climbing on their web page <www.ruckus.org/man/> but they also note "a good activist is a living activist" and stress the need for hands on learning. Indoor climbing centres can teach you how to climb in one or two days.

Once you know how to climb, all you need is equipment. This is expensive, however, forest action groups often have climbing equipment that you can borrow, or know where to get it. Otherwise, look for alternative methods like ascending the wall front form the inside. Look for stairwells with windows, roof top access, or make friends with people in apartments or high offices so you can simply drop the banner out the window and tie it on. Remember that you may be trespassing.

Freeway Drops

Freeways are a useful place to get the messages out to thousands of people in a very short time. The best place is pedestrian bridges, as they are safer and are more

inconvenient for the cops to get to. The legal side of this is a bit blurry, which is useful. Generally though it seems that if you hold the banner it is not illegal, if you tie the banner to a bridge etc it is theoretically affixing a sign which is a fineable offense. Hot tip: if you get as many toots as you do fingers then your campaign is doing pretty damn well.

Screen Printing and Badges

Screen printing can be used for printing posters, patches and t-shirts and can save you lots of printing costs if you have your own or can borrow a friends. Soon (hopefully) there will be screen printing equipment available for use at Barricade Books. If you are planning on doing lots of printing over the years, why not start a screen printing co-op with some friends. You can cover the costs of buying the equipment by taking orders for other people and selling some of your own designs. Otherwise, there is screen printing available at universities which is still a bit pricey.

Many student unions have badge makers just sitting around waiting for you to use them (although you will need to get your own badge bits). Many printing places also make badges for around $50 for a bag of one hundred small badges, although this is a pain in the ass because all the badges have to be the same design. Alternatively, you can hire a badge maker for a day, buy a few bags of badge bits for $33 for a bag of one hundred, and get your friends to help you make thousands of different badges.

Other Methods

Don't forget simplicity. A can of spray paint costs five dollars. A chunky black texta costs two.

action

Action. It can be intricately planned or completely spontaneous. Either way, action is the manifestation of all your ideas into reality. It can be empowering, inspiring, provocative, frightening, amusing, tiring, exciting plus every other thing you didn't expect.

Whether an action results in the realisation of desired outcomes or not, the fact that it is carried through at all is of great significance. No matter how slight the chance of victory, no matter how undesirable the consequences of action, people continue to fight throughout the world because their humanity tells them it is the only way. Resistance to oppression and tyranny will always be alive.

Having said that, victory is good too. It is also fairly important considering what we are fighting for. Justice. Equality. Freedom. The survival of the planet. This is not a game of ping pong after all! If us humans don't shape up and make some drastic changes in the way we treat each other and this planet very soon, there will be no more planet to stuff up.

The revolution is nigh, girls and boys, but if it don't get here soon, it will be too late. So arm-up, mask-up, frock-up or nude-up. No compromise in defence of planet earth!

protest

The right to protest peacefully is championed by (apparently) democratic governments as proof of the people's freedom to express dissenting views. Oh yes, we should count our lucky stars that we have such liberty that we can walk down the street (as long as we don't cause a disturbance, create a public nuisance, ignore police instruction, trespass on private property, or ignore traffic rules) shouting out our dissent to whoever will put down their mobile phone for a second and listen, without the fear of being shot or thrown in prison. However, even as we speak, 'democratic countries' like the U.S. Canada and England are enacting new laws with groovy names like "disruption" and "verbal utterance" laws, and the new "Terror Act" which make it an act of state terror to even think about stepping one little tippy toe out into the street while holding up a sign saying "please don't gas me."

In Australia it is still theoretically legal to hold a protest march. This is because protest marches in Melbourne traditionally consist of a government permitted, police escorted march on a sunday down a traffic-less street out of the view of most of the general public, and more importantly, nowhere near the scene of the government/corporate crime. Instead of the sound of breaking glass and the whoosh of police cars going up in flames, you hear the occasional "shame" crackle out of a loud speaker. That was . . . until s11.

For a traditional protest march, big symbolic puppets, hand held signs, pertinent banners and loud voices are required to get your message across. As long as you don't annoy anyone too important (this is unlikely since they are probably looking down from their 44th story corner office pondering how much you look like tiny little ants that need a good squashing) you are unlikely to get in any trouble with THE LAW. Like I said, participating in a protest march is legal. However, things you do during the march may not be legal. For example, if a hundred of you decide at some point to sit down in a major intersection, spray paint slogans on the road and employ the use of mobile nearby objects to build a kind of protective wall around yourselves, you will probably attract a bit more attention. That's because you're not participating in a protest march anymore, you're participating in a blockade.

blockade

Blockades are generally used to stop vehicles from entering or leaving a compound, building or site, or from passing along a stretch of road. They can paralyse an operation whilst usually requiring relatively few people.

To plan a blockade, first select a target; decide what the

most effective thing to stop will be, and where it can be stopped. Identify bottlenecks-for instance gates or narrow bits of road that the vehicle must pass through. Ensure you have identified every possible exit, as partial blockades are pointless.

After reconnaissance, decide the most effective time to launch the blockade. The ideal time is just before the target vehicle is about to leave (or enter). Too early will give the police more time to bust the blockade, and too late is useless. Work out the logistics for springing the blockade, taking into account need for prior concealment, surprise and timing. Have look-outs with CBs or mobile phones.

Whether you use D-locks, tripods, lock-ons, vehicles or any other method, it is vital to practice it thoroughly and check all equipment beforehand. If you are planning on using your body as a blockade, there are many different methods of linking up with other people to form a strong line. These are most effective if everyone involved has practiced them and decided which ones will be most useful (is sitting or standing blockade, quick reaction starfish type block etc.) In the case of a mass blockade where many people will be involved is a good idea to run or participate in workshops dealing with blockading techniques in preparation for the blockade.

You may have literally half a minute to spring a blockade, so think it through and get it right. A diversion can stop police or security interfering at the vital moment. Bikes can provide a stealthy transport to the site as well as form an actual blockade.

An alternative to blocking a site entrance is to suddenly stop a vehicle whilst in transit between depot and destination. For instance, in East Gippsland last year, activists dressed as road workers slowed down a logging transport truck until they reached a spot further down the road where more people jumped out of the forest with banners and locked on to the vehicle which was now stopped and the driver relieved of his keys. This road worker method was probably safer than other methods such as placing logs visibly on the road in advance or quickly erecting tripods. If you try this sort of thing, remember that road safety becomes and issue and the police will not like you blocking the highway. Be bold and be careful and expect arrests.

A street party (Reclaim the Streets) type of blockade can also be used. Yet another idea is to use scraped cars-the blockading possibilities of a driveable pile of junk are limited only by your imagination!

(For more specific info on blockading techniques such as erecting tripods, lock-ons, caltrops, flattenning tyres etc see Eco-defense: A Field Guide to Monkeywrenching; or Road Raging Top Tips For Wrecking Roadbuilding (where most of this intro came from) which is now out of print but available at:
(www.eco-action.org/rr/index.html).

communication

Good communication is vital for any blockade. especially a large one with multiple blocking sites, or a mobile protest. Mobile phones or transistor systems can keep people in contact on different entrance blocks around one site. Another communication method that is proving to be effective, flexible and popular is the use of a bicycle communication system. In certain cases where mobile communication towers have been turned off, and radio transmissions interfered with (and listened into) by the authorities, bicycle communication has become invaluable.

In a stationary blockade with multiple entry blocks, cyclists can circle the site gaining an overall visual on what is happening and providing a constant flow of information between blockaders. They may also leave the area to check up on what is going on in the vicinity of the blockade and suss out impending conflict with horses/riot police/Herald Sun 'journalists' etc. In the case of a mobile blockade or protest it is vital to have people a few blocks ahead of and behind (and preferable a few blocks on either side of) the main group to avoid being unexpectedly cut off or blocked in by police. Bicycles are the most effective way of doing this.

iexpress are the Melbourne group who did this kind of excellent bike stuff for s11. You can contact them for advice or maybe even their service through Critical Mass.

Remeber, for any kind of action it is essential to SCOUT OUT the area before the day of action so you know the area well. It's also a good idea to make map (or at least take note) of the area highlighting relevant land marks such as entrances, dead-end roads, and the location of secuirity cameras and police stations.

health and safety

Whether you are on the blockade line or taking a mobile role, mass protest of this kind raises health concerns. Gee wiz since the ozone layer even being in the sun is a health concern. But when we get a couple of thousand people, a couple of hundred cops, police horses, crowd control agents, spies, heat, rage and a bit (or quite a bit) of drugs....we've got a lot of potentials for hurt/accidents and scrapes.

Particular health and safety concerns will depend on the situation that we find ourself in. Police and military have a term for the sliding scale of responses and equipment and tactics that they employ at various levels in a protest, this is called a FORCE CONTINUUM (basically that the more "serious" a situation gets, the acceptable it is for "control agencies" to use harder methods). Look up some documents about it on the web, know where you, personally are prepared to go to. Then get yourself prepared for that! So lets go for a little journey down "force projection lane":

Health Risks for Protesters

(very much like what happens at big outdoor festivals)
-Dehydration
-Sunburn/Sunstroke
-Too much drugs/bad drugs
-Cold/winter chill
-Violence in the crowd (usually alcohol induced)

What you need:

-Good food/ Slow Burning carbohydrates to keep going all day.
-Hat/sunglasses/sunblock (wipe this off if things get heavier)
-Someone to watch out for you if your on drugs, because if stuff changes quickly, you want someone level whose going to get you out.
-A nice warm change of clothes' or a blankie (it's cold in melb!)
-Just like a rock concert, make room for the person who'sfallen down below and give them a hand up

Health Risks during Arrests/ Clearing and Containment

Things are a bit intense, one of the hippies called the cop a "taxpayer" and it's all on!
-People falling in the crowd/crushing
-Sneaky hits (most often to a protester's)
-Being arrested
-Horsies
-Capsicum gas

What you can do:

-Pick up anyone dropped- this is perhaps the best first aid thing that you can do PREVENTION!!!
-Wear protective clothing and sturdy shoes to protect against sneaky shots
-If arrested, if you have any medical conditions have the stuff/medications or doctors letter there!! Be pre pared

Be Prepared/Right here right now

-Check that your water bottle is filled and you have some nutritious food
-Find out where the functioning water taps and toilets are
-Look for First Aid tents or roving green cross (you should make a map of where they will be before the day).
- If big stuff happens (eg, fractures, unconscious, big bleeding):

1. Keep calm
2. Get ambulance/send for medical help, stay with the injured
3. Don't move the unconscious person (You could do more harm than good)
4. Human blockade around unconscious person/injured person (protect them from being trampled and you have more room to work)

UNCONSCIOUS: Roll into recovery position (on their side, with their head supported and pointing down)
Suspected FRACTURE -Then splint and immobilise the affected area/joint.(with rolled up newspapers, sticks).

BLEEDING: Wear gloves (safe sex n safe First Aid-use rubber),Apply pressure, Elevate area/limb
Teeth knocked out Replace in socket if possible - get to dentist fast. If you can't replace tooth DO NOT WASH - wrap tooth in plastic or store in milk.

CAPSICUM SPRAY or TEAR GAS: DON'T PANIC- Fear is the weapon of the State!!! Walk Backwards out of range of further spray, when clear turn into the wind with your arms outstretched face to the wind, if you have water wash out eyes one at a time, blinking and crying to flush the chemicals DON'T RUB YOUR EYES!!!!

DEHYDRATION: Look for paleness of the face, dark coloured and infrequent urine, dry mouth, dizziness. Give water, sit down in a cool spot and breathe.

EXPOSURE: Don't underestimate the effects of the weather - be prepared !!! Wear hats long sleeved clothes/a scarf - also good protection from capsicum spray....(Capsicum spray sticks to sunscreen, moisturiser, make up)Big sunglasses are a must

SHOCK (Physiological): Look for stupor, dilated pupils. Take to safe place, lay down with feet up and keep warm, don't give food or water, if thirsty moisten lips. Always stay with shocked or injured people.

SHOCK (Psychological): Speak to the person in a calm even manner, give them some small task to do ("help me fill the water bottles") talk about yourself or the weather, if the person is consenting human contact can be very grounding (doesn't have to be a full body hug! Even just shaking hands can be it!)
(From: S11medical@hotmail.com)

~~legal~~

Are you being arrested?

The police probably have the right to physically move you out of the way of vehicles etc without arresting or charging you. They can arrest you if they think you have committed an offense but also if they ("reasonably") think you may be about to commit an offense.

If the police arrest you, they must TELL you you are being arrested and they must take hold of you- you must physically submit for an arrest to occur. It is an offense to 'resist arrest' but it is NOT an offense to passively resist, ie. by going limp, or to run away before the arrest takes place (however running makes you vulnerable to being shot in the back or something so its probably wiser to walk quickly instead).

Un-romantic Interlude:

Places and ways the cops like to hurt you.
TheFuckingCopshitme!!!

You

TOES: A quick stomp to the toes with a broken foot and the protester is out of action and a liability to others. Difficult to prove intentionally

SHINS: The superficial bones makes this very painful, the muscles that raise your foot when running are also on the side of the shins, a blow here can dramatically reduce mobility. Again very unproveable

WRISTS: These are described as "key points of control", 'cause when the cops have you with your wrists bent back, they're in control. The real danger here is not so much the bones breaking but damaging the fine tendons and ligaments in the wrist and fingers which can impair your hand function for a long time to come!!

My schwortz is bigger than yors!

ADVICE: Once they've really got you here, they've got you! Don't get yourself fucked up for next time. But remember it still requires one(or two) of them to take you to the paddy wagon, and we are many and they are few!!

Horsies

They're the fun and friendly side to cops- NOT! Mounted police have been traditionally used to manage large massed gatherings since the 1800's because they offer the cops bulk for blocking, intimidation, and give the cops the "higher ground" (ie more height) for them to hit people's noggins with their batons.

HOW TO PROTECT YOURSELF
-Head protection (or forearm protection/pads, to raise above the head)
-Stay as a loose group, not a tight packed mass, move and flow around the horse formations. Evade Luk, use the force!
-Help those who are down!!!: Those that get knocked down are in danger, the quicker the group can get them up, the less chance of the injury, grab someone and support them before they hit the ground and win a prize
-IF YOU GO DOWN: Curl up into a fetal ball on your side! (knees to chest and chin tucked in , like a baby) and cover your ears with your fists, turn your eyes and nose to the ground, keep your eyes open, shout for your friends. Your ribs, pelvis and spine are stronger on the sideways. Wriggle forward slowly with small wriggles of the hips and shoulders MAINTAIN THE THINNEST POSSIBLE SIDE PROFILE (LESS CHANCE OF THE HORSE STEPPING ON YOU) DO NOT HIT THE HORSE: They are well trained but they're still animals and will lash out.

Capsicum sprays

A COPS WET DREAM -my fucking chilli sauce!!!!

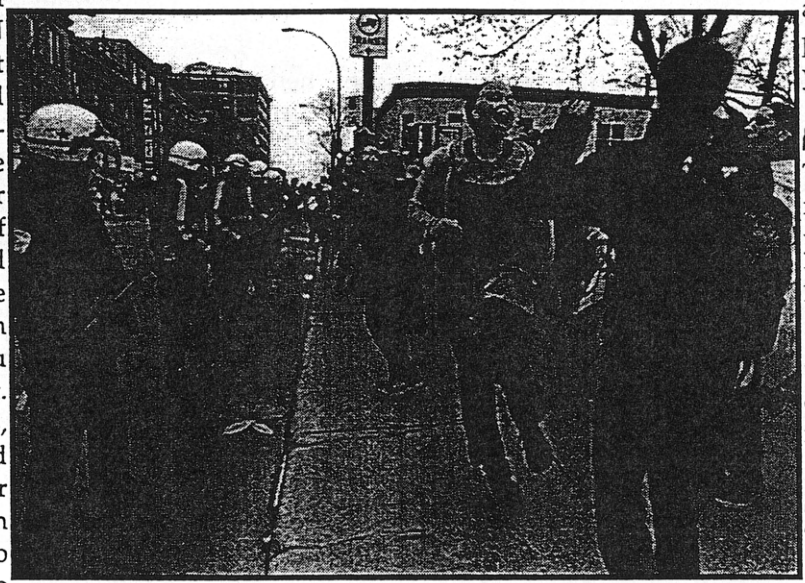
WHAT IT DOES: As a powerful alkali it creates a sensation of burning, about a thousand times more powerful than a chilli. It will hurt, but you can survive it, have burritos and COME BACK FOR MORE!!!

IF YOU ARE SPRAYED:
-Keep calm, move backwards not side ways, get into clear space where the wind can get the residuals off your clothing, then any water or saline that you then use will be more effective. Sit on the ground and sluice water slowly from the nose gently through the eye (following the path that tears take) blink rapidly. Do one eye at a time, 'cause if you run out of water you're still more functional with one eye!!!!

RESCUE REMEDY:, saline, holy water it doesn't matter particularly what's in the water, just as long as they're lots of it!!! Find out where the nearest water supplies will be, get yourself some pop-top bottles and lots of them! You will survive – they will end up choking!

If you're not sure what's going on, ask if you are being arrested. Ask what you are being charged with and remember what they say. It is a defence to the charge of resisting arrest if you did not know the person arresting you was a police officer (ie they were a plainclothes cop). If you swear at the police or do anything that could count as 'assaulting' them, you could leave yourself open to more charges.

THE GOLDEN RULE: just because you have been arrested it does not mean you will necessarily be convicted of an offense (the police still have to PROVE in court that you did it) and it does not even mean that you will be charged with an offense. Police CAN arrest people just to get them out of the way and then release them without charge- they are allowed to detain you for a 'reasonable' amount of time. Police are allowed to use 'reasonable' force to arrest you but you can make a complaint if you think they were violent. If you have any injuries, get them photographed and seen to by a doctor as soon as possible. In fact it is a good idea to pay as close attention to the circumstances of your arrest as if you were going to make a complaint. The details could help you later if you are charged and go to court. Remember the exact words and actions of the arresting officer/s, get the names and contacts of any witnesses, and write down exactly what happened as soon as possible afterwards. If the arrest wasn't done properly (ie the wording of the charge says you should have been given a direction to leave, and you weren't), you could have your charge dropped or get off in court.



Name and Address

The police have the right to ask you for your name and address, whether you are under arrest or not. It is an offense to refuse to give your name and address and if you are arrested, the police may refuse to release you on bail if you don't. It is also an offense to give a false name and address, but if you plan to do this obviously don't carry any ID or hang around people who may use your real name and incriminate you. You only have to show proof of ID if you are actually arrested.

You DO NOT have to, and you should not, give the police any extra information even if you have been arrested. You have the right to silence, and remember there is no such thing as an 'off the record' conversation with police. And- the golden rule #2: NEVER sign anything unless you know exactly what it means.
The police officer must tell you their name, rank and where they're stationed if you ask them. They are supposed to have their ID badges on display at all times while they're on duty.

Yep, They Got Ya. Now What?

You have the right to talk to a lawyer before the police question you. Get hold of the names and phone numbers of any lawyers who have offered their services during your action. Get the police to call one for you if you are arrested.

Contacting Relatives and friends

Before the police question you, you have the right to contact a relative or friend to let them know where you are. Get the police to phone them and put you on the phone.

Photographs

The police have no right to demand that you submit to being photographed, but they are allowed to try. If you don't want to be photographed, cover your face or move away.

Fingerprints

The police have the right to demand that you let them take your fingerprints. They have the right to use force if you refuse. (I think if you are arrested and let off, or found not guilty, you can ask to have them destroyed- the same goes for photographs).

Searches

The police do not have an automatic right to search you. However, they will usually do a 'pat-down' search if they arrest you. For this reason NEVER carry any more with you on an action than is absolutely necessary. They will take anything you've got off you and give it back after you've been 'processed'. If you've got incriminating stuff on you, ie. lock-on equipment even if you haven't used it, it could be used as evidence of conspiracy. (maybe its being excessively paranoid but get rid of any of this stuff if you're busted).
Police can do a strip search if they have 'reasonable grounds' but it should not be done in a public place and should be done by an officer of the same gender as you. They can not touch you improperly or conduct an internal or external examination without a court order or your consent. You shouldn't consent. If they try to take a forensic sample (blood, hair, genital or mouth swabs), you should refuse and get hold of a lawyer.

Getting out of Custody

The police can either release you without charging you (but you may get a summons sent to you in the mail), or they can charge you and release you on bail. Ask to leave as soon as you've been processed at the police station.

Bail

Bail is an undertaking (a promise) that you will turn up to court on the day your charge is listed. The undertaking is a form that you have to sign before they'll let you go. It has standard conditions printed on it, ie. that you will turn up to court.

The police can add special conditions to your undertaking, like a promise that you will not return to the protest in which you were involved or even to the general area. You don't have to agree to these.
If the undertaking doesn't include special conditions, sign it and get out of there. If you want to make a political statement and refuse bail, go ahead- you can accept bail at any time or stay in jail until your court case if you want to.

If the undertaking includes extra conditions, - tell the police you want them to call a lawyer, and discuss it with them - if you don't want to agree to the conditions, don't sign the bail form. You may be kept in the police cells for some time, but the police have to take you before the Magistrates Court as soon as possible to ask for bail from the magistrate (this is also the case if you are refused bail). A lawyer (or you) can ask the magistrate to drop the extra bail conditions and there is a good chance that they'll agree. - or you can sign the form with the conditions and the police will let you go. If you breach the conditions, it may be grounds for the police to re-arrest you and you could then also be charged with breaching bail.

Affinity

If you are involved with an affinity group, it would be a good idea to have someone delegated an 'arrest watcher' to keep an eye out for people being arrested, follow them to the police station, make sure they're okay, and wait for them to get out.

Have a contingency plan in case of arrest, like a place to meet back after your action. It's also a good to debrief afterwards if the action wasfull-on or people feel like they need it.

Police Harrasment

From time to time, members of the Police force etc will actively harass activists who they see as being particularly effectual. This will often take the form of approaching individuals at actions/rallies etc at an opportune moment and saying "Hi Bob, I see you've had your hair cut in the last few weeks. It looks really good."

This kind of stuff is designed to frighten and unnerve us. The best response is to take/ get someone to take a photo of them and ask for identification. Then post it on the indymedia etc website. They will be less likely to actively approach us if they know that they are going to get their 15 minutes of fame amongst the activist community.

~~dealing with corporate or state media~~

Extreme caution is advised when dealing with the Corporate and State media. There are some excellent and honest journalists who work for the large media outlets in Melbourne. These however are few and far between, and due to the institution structures it is very difficult to articulate alternative in any meaningful way. For those who wish to talk to the corporate media here are some basic facts. If you agree to doing an interview, then you can ask for some time to prepare. You can ask what they are going to ask and use the time to collect your thoughts. Ask for the journalist's name and media organisation and write it down. This will give you more credibility and may make them less likely to take you out of context. Although some journalists may be sincerely interested in the politics of the event, most are probably more interested in a good story hence their anticipation of violence despite a repeated commitment to non violence. They are more likely to ask questions relating to any possible confrontations. The trick is not to get drawn in to talking about something other than the reason that you are there. Try to flip your answer to talk about what you want to talk about and the points that you want to get across. The Police have been very aggressive towards us etc It helps if you have a clear idea of what you want to talk about and have a few easy phrases to fall back on. The TV media and some radio will be using very short grabs think of a succinct way to get across your point. Good Luck!

~~make it a safe revolution~~

Don't take un-necessary risks

You are much more valuable to the revolution/insurrection/movement/partner and friends when you are alive and healthy. Think more about the kinds of injuries that you could sustain and how they might affect you later. Having your spinal cord broken by a police horse is not going to bring the world order crashing down. TAKE CARE OF YOURSELF, THE WORLD WILL NEED YOU AGAIN.

They have most of the cards

Remember that the police are highly trained both physically and mentally to hurt and maim and kill. It's a very important thing to remember that the police have the law, the equipment, the health services and the resources on their side, all we have is a well developed sense of justice. Don't be disparaged and feel powerless, but know exactly what kinds of resources the opposition has behind it.

We have the best card: numbers

Don't forget to play it, DON'T EVER GET CAUGHT BY YOURSELF, MOVE IN PACKS, if you're an individual hang around any group, or introduce yourself, meet new people. If you're alone then they can do what they

like without witnesses, Even when dispersed , run in groups, CLUMP!!! One of the major motives behind dispersal is to create a panicked run where the police can pick off the stragglers. If you want to know what police are capable of when they think they wont be exposed, ask LA motorist Rodney King. Let's all take care of each other and support each other when we're in trouble, keep an eye out, celebrate the real globilisation, The Free Global Community.

reclaim the streets

Reclaim the Streets started as a movement as people became more and more perturbed at the way in which public space is used for non public purposes. The structure and design of Melbourne's urban space causes one to ponder it's legitimacy for two reasons: not only is public space being hijacked by business for private use, but the whole area has been stolen from its original indigenous inhabitants. On Mayday, there will be a reclaiming of streets of the likes never seen before in Melbourne. To get involved or to link up your own action with others, contact AWOL. In the meantime, here is a quick list from some people in the UK on how to start reclaiming your own streets.

1. Get together with some like-minded people. Possibly your friends. Work on a plan of action. Sort out differ ent roles, jobs and timescales. Imagine. What's possible?

2. Decide on a date. Give yourselves enough time. Not too much - a "deadline" is a great motivator - but enough to sort the practicals: materials, construction etc. You may need money.

3. Choose the location. Your street, the town centre, a busy road or roundabout, a motorway! A separate meeting place is good: people like a mystery, bureaucrats don't.

4. Publicise! Word of mouth, leaflets, posters, e-mail, carrier pigeon. Make sure everyone knows where and when to meet. Posters and paste go well on walls, billboards and phone boxes. Leaflet shops, clubs, pubs- everyone, and your mum.

5. Sort out your sound system. A party needs music - rave, plugged-in, acoustic, yodelling - go for diversi ty. Invite jugglers and clowns, poets, prophets and performers of all kinds. Ask campaign groups to come along and set up a stall in the middle of the road.

6. How will you transform the space? Huge banners with a message of your choice, colourful murals, boun cy castle, a ton of sand and a paddling pool for the kids, carpets, armchairs. The materials and money from earlier may come in useful here. Print up an explanation for this "collective daydream" to give to participants and passersby on the day.

7. For opening the street - or rather stopping it being reclosed by the traffic - ribbons and scissors are not enough. A large scaffold tripod structure with a person suspended from the top has been found useful. Practice in your local park. Blocking the road with a car that can then be dismantled is nice. Even the traditional "barricade" will do.

8. Rescue some young trees from the road of your local "development" and have them ready for planting. You may need a pneumatic drill and safety goggles for the last bit.

9. Have a street party! Enjoy the clean air and colour full surroundings, the conversation and the community Bring out the free food, dance, laugh and set off the fire hydrants. Some boys in blue may get irate. Calm them down with clear instructions.

10. At least a couple of the boys in blue will fail to get the point and nick people - six is generally the minimum to convince their paymasters it was worth all that overtime. Of course you found a solicitor who understands about street protests and distributed a bust card with their number, a phone number to collect details of arrestees, and basic advice - the Release bust card is a good basis in the UK. Make sure some one stays awake, alert and near that phone to take messages, gather names, and organise a defendants' meeting a week or two later.

Get together with even more like-minded friends and plan the next one. Organise in your community, workplace, school & street.

mini occupation

Different communities react in different ways to occupations. In some parts of the world an occupation can result in death or imprisonment. In other communities participants can use occupations as a tactic to further their aims. In each situation the occupation challenges fundamental property rights. In Australia the mini occupation is an under utilised tactic. People seem happier to be involved in vigils, pickets, rallies and demonstrations than occupations. I've been involved in four mini occupations over the past two months. On each occasion we were able to make our point with a small number of people and more importantly challenged institution's property rights.

Surprise is the most important element of any occupation. If the institution who s property you are going to occupy gets a sniff of what s going on, all they have to do is put a few security guards on the door to stop you. As we all know possession is nine tenths of the law. A few hints for a successful mini occupation, move in as a group, make a circle once you're in, unfurl your banners or signs after you've gained entry. Start a meeting, ignore those around you, they'll be in a state of panic. They won't know what to do.

Sooner or later private security guards will turn up and ask you to leave. Ignore them, they can't legally touch or evict you in Australia. If they put a hand on you passively resist and tell them that you are going to charge them with assault. At this point a group spokes-person should come forward and tell them to back off or you will contact the police. The irony won't be lost on them. If you are in a public place they will not assault you, if you re not and there are no witnesses you may decide to end your occupation at that point.

If in a foyer or public place stand your ground, tell them you will be continuing the occupation for an hour, day, month etc. It's important the occupation group has decided before the occupation how long they will stay and at what point they will leave. At this point, management will have to direct security to either wait out the occupation or call in the police. At this stage call the media. Attempt to get media representatives down to the occupation, the more the merrier.

Once police arrive the dynamics of the occupation change. You can either negotiate with them to leave in thirty minutes or you can continue the occupation. If you continue, you run the very real risk of arrest. Participants should have decided what they will do when police arrive long before the occupation began. In most cases there is little to be gained

By staying, you've made your point, you've unsettled the organisation you've targeted. Get out and occupy their premises another day

eco-defence

Eco-defence is a major issue in Victoria with logging of old growth forests continuing in the Otways and East Gippsland, and freeway extensions planned through wetland areas. It is the direct action of so called radical fringe groups who are occupying the forests that have given political power to conservation groups and kept the fight for native forests alive and kicking. Blockading was born in the forest, using techniques such as tri-pods, lock-ons, climbing and occupation that are also used in urban blockades. Other direct action methods were created to deal specifically with eco-defence such as tree spiking, chaining and tree platforms to name a few.

There are many aspects to forest blockades that vary from urban blockades, particularly because forest blockades occur away from public scrutiny and are often of a much longer duration than those in the city. However, we don't have much information to share on these topics because all the people who know about forest blockading are IN THE FOREST. Naturally.

The best way to find out more is to contact forest action groups listed below, or green websites listed in Tastey Treats.. The most useful thing we can say for you to get involved in defending our forests is : GO THERE NOW. Blockading in the Otways recommenced as of the 6th of April this year when logging began in the Ciancio coup, an area that the government previously agreed to avoid after negotiations with conservation groups (contact OREN). Blockading continues in East Gippsland (contact GECO). To keep informed and discuss long term action, contact the Forest Action Network at FoE.

GECO (Goongerah Environment Centre)
for Goolengook and Survey Road blockades in East Gippsland.

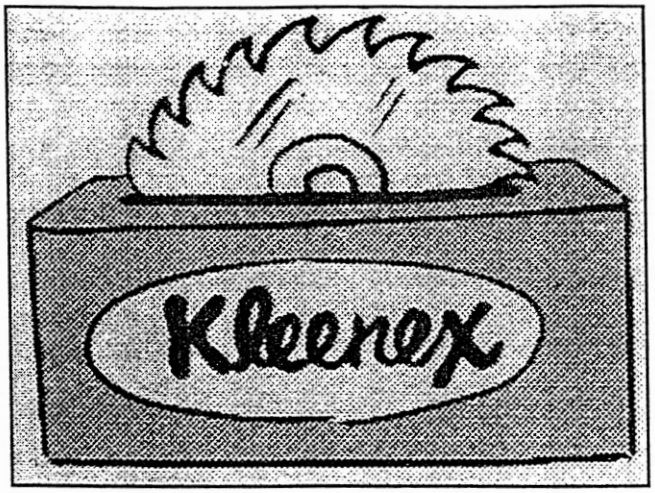
FoE (Friends of the Earth)
for Info on forest actions and transport etc.

OREN (Otway Ranges Environment Network)
for info onlogging in the Otways.
Contact: 9372 0813 or oren@vicnet.net.au

Friends of Merri Creek
for campaigning to protect wetlands from planned freeway extension.
Contact: Chris 9386 8695 or see www.vicnet.net.au

Who's logging?

The fight for the environment doesn't just take place in the forest, but also in the public arena, in the offices of those who perpetuating the destruction, and the outlets that distribute their products. Australian forests aren't dying, they're being killed, and the murderers have names and addresses. Here are some of their names (this information is for the exclusive use of any action deemed appropriate by your own authority, and to be used at your discretion):



Amcor (Reflex, Renew, Copyright, Australian Copy Paper): pulps high quality forests including Central Highlands, to make paper.
AMP: has permits to clear old growth bush land and forest for animal grazing.
Boral: second largest exporter of native forest wood chips in Australia.
Bunnings: log 400 year old Karri and Jarra forest in W.A. whcih is exported to Japan for woodchip ping.
Carter Holt Harvey (Sorbent, Petal, Earthcare): use native forest fibre in their products
Fletcher Challenge: logging radiata pine plantation sin S.A. using herbicides, responsible for ground water contamination and toxic spills.
Gunn: Has just bought North thus making it the largest logging conglomerate in the world.
Harris-Daishowa: fully Japanese owned, sources 1 mill. tonnes of woodchips from S.A. and East Gippsland.
Kimberly-Clark (Kleenex, Wondersoft, Huggies, Thick Thirsty): make their products from native forests including the Central Highlands.
Mitsubishi: on e of the world largest loggers of tropical rainforests.
Mitre 10: logs in the Otways.
North Ltd.: world's largest woodchipping limited, main source Tasmania. Linked with Jabiluka uranium mine. The CEO of North is President of Greening Australia, Chair of Parks Victoria and President of the board of the Victorian EPA.,
Wesfarmers: logs Karri and Jarra and Marri in W.A.

Of course, logging of beautiful old growth forests isn't the only ecological folly that requires urgent attention in Australia at the moment. Not only does the mining industrty represent a feeding ground for some of the largest and most environmentally unaware (to put it politely) corporate bottom dwellers, but their dodgy practices, most notebly of those in the uranium industry, stomp all over multiple human rights issues, for example, aboriginal land rights, peaceful protest rights, and the right to live without the fear of imminent death from cancer or sudden full body combustion due to nuclear explosion.

Some star performers in environmental carnage:

BHP (38% owners of Fosters): responsible for OK Teddi gold mine in PNG that has been labeled the biggest environmental disaster in the Southern Hemisphere.
BP: like Shell, they pay the military of the country in which they mine in order to protect their interests. Involved in large scale environmental destruction in Alaska among other places.
EXXON: famous for their oil spill in Alaska, still have dubious dealings in Malaysia, Chile, Indonesia, Brazil, Colombia and elsewhere.
SHELL: responsible for thousands of oil spills on Ogoni land in Nigeria leading to protests by locals in which 80 people were massacred and 8 activists executed.
RIO TINTO: own Jabiluka uranium mine situated on Mirrar land in Kakadu national Park, and Ranger uranium mine.
WMC: own the Olympic Dam uranium mine situated on Arabunna land, leaching up to 42 million litres of water per day from the Great Artesian Basin.

To get involved in ridding our country of uranium mines, uranium reactors, and potential uranium dumps, all of which occur on aboriginal sacred land, get in touch with the Coallition for a Nuclear Free Australia.

pies

Pie-ing requires not so much intensive preparation and planning as a delicate combination of flagrant daring and mirthful intent. Often, the pie-rect action can be carried out by only one person. A good support crew may still be needed to provide technical instruction and bravado. The pie-ing procedure comes down to the individual situation, however, a few tips may be helpful:

-make sure the pie filling is abundant and sticky to provide maximum face coverage.
-do not reveal th pie until the last possible moment before intended impact.
-just because somebody despicable has been pied once, it doesn't mean you can't do it again (even within the next few seconds). Afterall, if someone deserves a pie in the face, they probably deserve two. . .or three . . . or more.
-- public pie-ings of famous people will almost certaily lead to arrest. Discrete revenge on non-famous people will almost certainly not result in arrest. (For example, if a certain journalist was targeted while walking from his car to his office one morning and the pie throw er/throwers wore clown masks and ran away fairly briskly straight afterwards, they probably wouldn't be caught and they probably would be considered heroes by a large part of non-mainstream society).

'Nuff said. Now, a word from agent geek sorbet:

"Revolution is about doing things out of the ordinary. I think about what it will be like everyday and I expect to

be shocked and surprised by any revolution. Pie throwing embraces so many beautiful aspects of humanity it's strange it doesn't happen everyday.

First of all there's the great video footage. The look on the victim's face is unique, unreproducible in a script or on a set. Do they taste The Pie? Does the sweet flavour complicate their outrage? Most news presenters, and a nation lapping it up, are surprised and shocked. It is proclaimed as violent, although in a time when it was 'entertainment', at the turn of the 20th century, similar acts of 'propaganda by deed' were more like ly to be bombs. Violent indeed.

Second, it is merely the act of a clown. That lovable self abusive humour merchant. It's funny to watch. Despite your 'outrage', deep down you see the humour, yeah? A little Pie never hurt anybody. It follows in the tradition of the larrikin.

Third, it's pleasant to be again reminded we are merely monkeys. We are all human, even the richest and most powerful. You could be forgiven for believing that these people are somehow untouchable, special, above or separate from us."

Operation Dessert Storm

Dear purveyors of sweet humility everywhere,
OK you've all heard the puns before so lets just cut to the base. The time is baked for the pie throwing resurgence to rise together, let's globalise the pie....Tofu cream must be as global as capital.

Following on the fine tradition of the Biotic Baking Brigade and the many individuals who have inspired us all with pies in the faces of Bill Gates, Milton Freidman, Steve Bracks et al we call on you to partake in Operation Dessert Storm. What better way to draw attention to the often faceless leaders of the corporate world, shameful 'journalists', dodgy politicians and anyone who deserves a face full of dissent.

The 'global movement' is often mis-represented in the mainstream media. You can't mis-represent a face full of cream. It sends a clear message to the recipient and the media that what these people are doing is ridiculous and that you are prepared to let them know - and have some fun while doing it! The pie is the great equaliser. How many times have you wanted to see whipped cream smeared on John Howard's glasses or see Tony Blair choking on a strawberry? Now is your chance - mobilise en masse and pie!

Operation Dessert Storm is a global month of action between April Fools Day and May Day 2000. Of course you can be fashionably late or early.....Ensure that your actions are captured on film and send your footage for the doco....upload your photos, favourite recipes and pie-ing tips to the site <www.dessert storm.org> Contact site admin at: pieface@dessert storm.org

hacktivism

Online civil disobedience is a reality and has been used effectively for such things as the people power / brute force methods of the electrohippies' virtual sit-ins on company websites (the controversial method of restricting access to a website by clogging up its bandwith) to web defacements and site hijackings (such as the defacement of mexican govt webpages with pro- zapatista slogans, and the redirection of nike.com traffic to s11.org) and the more sophisticated methods of 'elite' hackers (such as 'broncbuster' -- who for a while managed to undermine the filter software which the chinese government uses to censor certain webpages from its citizens.)

You can meet some hackers by going to the informal 2600 meetings on first friday of the month in your capital city. See the 2600 link below for details. Don't go expecting to talk someone into performing some illegal task you think is for the public good though. If you want something hacked you will pretty much have to learn how to do it yourself. There are lots of toys out there which automate certain processes, but a good deal of obsessive compulsiveness and technical affinity on your behalf would probably help.

Remember there are plenty of forms of online activism that don't involve much technical prowess or disregard for the law, such as simply using newsgroups and discussion lists to inform shareholders of a company's misdeeds or creating or contributing to webpages and online journals. any hacking you do could have large personal consequences as hacking is being increasing treated as a form of terrorism by law enforcement bodies worldwide.

Links

electrohippies
http://www.gn.apc.org/pmhp/ehippies/
online protest group. great links section to other online activists / hactivists.

church of the swimming elephant
http://www.cotse.com/
hacking / security resources, anonymous web browsing.

2600 australia
http://www.2600.org.au/
local branch of international group. meeting times, security exploits, reverse phone directory.

wiretapped
http://www.wiretapped.net/
open source software, cryptography, privacy, more.

attrition mirror
http://www.attrition.org/mirror/attrition/
archived copies of hacked websites.

healthy alternatives

lifestyle

So far this book has been about addressing the state of affairs 'out there' and thus hastening the revolution in the streets. This is the revolution that requires action, that requires us to be 'doing' things, the revolution that happens when we wake up and get off our ass. But what about the other revolution, the revolution that starts right here, in our own ass? Or more accurately, the revolution that starts in our own mind.

As people become more involved in questioning the way society is strucured and uncovering it's contradictions, the many contradictions in our own lives become increasingly clear. This uncomfortable situation is inevitable as long as we continue to live within a capitalist society and are thus dependant for survival on the very system we are trying to destroy. "What a vexing calamity!" I hear you cry, though not necessarily in those exact words.

Of course, we could all go and live in far away self sustainable communes closed off to the rest of society and ignore the megamachine as it continues on it's adventures of rape and pillage. But what about those of us who want to stay and fight? Well, believe it or not, there are ways to reduce a diet high in capitalism. Oh yes, it is possible to live in a capitalist society without exploiting the planet and other people on a routine basis. I believe the saying goes: contrary to popular belief, it is not necessary to fuck others over in order to survive.

So here are some simple and immediately effective, healthy alternatives. Not only are they healthy for the planet, but healthy for YOU! How's that for a happy coincidence. They are also very healthy for your karma and chakra or god/goddess within, and most certainly healthy for your ass.

~~transport~~

The problem with a modern western lifestyle is that we have forgotten how to do things for ourselves. We are trained to abhor effort and inconvenience. We even become afraid of it. What actually happens when you start to reclaim your own abilities and use your own resources is that a feeling of exhilaration and liberty comes over you as you slowly realise that you can do almost anything on your own. Complex life tasks (such as eating and cleaning and having a bodily function) that you once believed required extensive expert instruction, government supervision and an expensive purchase to carry out suddenly become almost . . .natural. This applies to modern day tasks as infinitely complex and technically intricate as moving getting yourself from one place to another.

To solve this problem, humans invented an equally complex and technical machine to handle the job. A car. Shortly after, when nearly every human on the planet (with money, that is) had purchased one for themselves and started zipping around, running things down and spewing out toxins, it seems they forgot that there was ever any other viable way of getting around. in fact, there is. For a start, there is walking. There is also running, skipping and jumping. Skateboards, rollerblades, dare I mention scooters. Then there is public transport. And of course, there is the mode superior in convenience and usually speed to that even of the blessed car, the BICYCLE.

By using your own body's energy to get around you improve your own health as well as that of your bank account and the environment. Last year at least 300 Melburnians died of a respiratory illness due to air pollution caused by motor cars. If you do ride a bike, consider wearing a gas mask as it is safer for your lungs, and also safer than riding with one hand as you use the other to raise your finger at car drivers, while conveying a similar air of protest.

Bicycle Victoria

This is Australia's largest independent non-profit cycling organisation. they campaign for on and off road bike networks and bicycle parking facilities and present about a dozen rides a year. Bicycle Victoria membership includes free legal advice, comprehensive insurance cover, discounted ride entries and a regular newsletter. Ring them on 9328 3000, or visit <www.bv.com.au>.

Critical Mass

Critical mass bike rides started in San Fransisco in 1992 as a way of bringing people together in a festive reclaiming of public space. the first Mass attracted 60 cyclists, now thousands ride every month in hundreds of cities around the globe. Critical Mass is a celebration, not a protest. Melbourne Critical Mass meets outside the State Library in Swanston Walk at 5:30 pm on the last friday of every month. (see groups for contact).

Car Busters

Car Busters is a magazine for everyone who is sick of these pollution spewing, road rage inducing, opening-the-door-as-you-ride-past-nearly-causing-serious-groin-injury, death machines called cars. Check it out at Alternative book shops (Barricade Books), order it through Alternative catalogues or subscribe if ya want to know what's going on with the movement to abolish cars.

shut up and shop

The best way to prop up a system that relies on vast amounts of human greed and an endless thirst for useless products, is to buy, buy BUY! Thus, the easiest way to withdraw your own support is simply to not buy (think 'Buy Nothing Day'). Make every day buy nothing day! Of course, some things you need to survive. In this case think 'Steal Something Day'. But stealing is risky and time consuming, and if caught, can become just as expensive as shopping. In any case, the thing you stole and are now using was no less made in a sweat shop/tested on animals/produced toxic waste/will become land fill than when it was sitting safely on the shelf.

Here are some tips not only for reducing your expenditure on EVIL products lurking in this great big shiny neon mall called society capitalist., but also supplying yourself with alternatives and thus supporting exploitation free products and trade.

Things to Avoid

* agricultural products produced with bad landcare practices, salting, soil erosion, pesticides (when buying food and fibres), plant variety rights - biodi versity is also a concern
* products made from non-renewable resources
* products made with exploitative labour practices (many imported products)
* manufacturers involvement in the arms trade
* animal testing (cosmetics)
* factory farming (Chicken, eggs, pork, bacon)
* packaging (is it excessive or necessary - what are the alternatives)
*products not designed for energy efficiency when alternatives are available (light bulbs, non-rechargable batteries)
* products manufactured with high energy inefficiency (products that aren't made from recyced materials and other more efficient sources)
* non-durable (throw away) products
* pollution in manufacture, transport and disposal
* non-reuseable or recyclable

You might conclude that there is nothing that you can safely buy, especially when you take price into consideration as well!!!

Don't despair! By following these general rules you can easily minimise environmental costs and increase your quality of life:

1. BUY LOCAL: saves cost on transport and storage
2. BUY ORGANIC: saves costs of pesticides and fer tilisers on you body and on the land, preserves bi ological diversity and the food tastes better.
3. BUY BULK OR IN LARGE QUANTITIES: saves cost of packaging and reduces landfill
4. BUY FOOD IN SEASON: saves costs of transport, glasshouses and cool stores
5. BUY DURABLE products that can be repaired if they break down.
6. Don't accept plastic bags

Shop Co-op and Op-Shop

Co-ops sell second hand stuff so you avoid encouraging the manufacture and packaging of shiny new goods, as well as reducing waste by re-using old goods. You also come out looking rather groovy.

Food co-operatives are stores run by volunteers, which aim to provide goods that have been produced without the exploitation of people or the environment. They usually offer healthy organic, bio-dynamic and chemical-free products in bulk so as to minimise unnecessary and excessive packaging (bring your own re-fillable containers). non-profit co-ops help support local growers which minimises the hazardous impacts of extensive transport of goods whilst benefiting the local community.

Borderlands Co-op (computer access, library, meetings)
St. Marks Hall, cnr Burke and Canterbury Rd,
Camberwell
PO Box8018 Camberwell North 3124
ph: 9882 6887 ph or fax: 9882 6601
borders@vicnet.net.au

Friends of the Earth: Co-op (food, books, environ, stuff)
312 Smith St, Fitzroy
PO Box 222 Fitzroy 3065
ph: 9419 8700
foe@foe.org.au

Grasslands Organic Grocery and Infoshop
205 Nicholson St, Footscray
ph: 9362 0830

Melbourne Uni Food Co-op
1st Floor union house
Melbourne Uni
ph: 9347 8716

People for Fair Trade Association
(fair trade tea and coffee by order)
Box 4636TT GPO Melbourne 3001
ph: 9642 4907 ph or fax: 9642 4542
orders@fairtrade.asn.au

St. Kilda Organic Food co-op
67a Barkly St, St Kilda
ph: 9531 4517

Victorian Indigenous Nurseries Co-op Ltd.
Yarrabend Rd, Fairfield
ph: (3078) 9482 1701

Wholefoods: Co-op
14 Belford St, St Kilda
ph: 9525 4858

Co-operative Federation of Victoria Ltd.
PO Box 356 Beechworth 3747
ph: 5728 2005 fax: 5728 2005
cfedv@netc.net.au

About op-shops: there are too many to list here. There are op-shop dense areas such as along Smith Street that are good to check out. Don't forget markets too, like the Vic market, CERES market and Camberwell market.

Cruelty Free Living

Despite public disgust, many products are still made with extensive animal testing (ie cruelty- if you don't believe it's cruel then you haven't seen the bunnies picture). You can avoid buying products made with animal testing by shopping at co-ops or avoiding the use of certain unnecessary products such as cosmetics and chemical cleaners. Animal cruelty is also involved in the production of products containing animals such as those made from leather, fur, feathers, or the animal themselves. The following lists are to help you avoid animal cruelty as it applies to your lifestyle.

No Testing

If you still shop al la capitalism but want to avoid animal tested products, here is a list of companies that DEFINITELY USE TESTING that you may want to avoid (please note that the products sold by these companies do not require animal testing by law, therefore they have NO EXCUSE for the continued cruelty to animals):

3M (Scotch, Post-it)
Alberto-Culver Co.
Allergan
Bausch & Lomb
Block Drug Company (Polident, targon, Balmex)
Bristol-Myers Squibb (Clairol, Keri, Sea Breeze)
Carter-Wallace
Chesebrough-Ponds (aziza, Faberge, Cutex, Vasaline)
Church and Dwight (Arm and Hammer)
Clorax (pine-Sole, Tilex, etc)
Coty (Aspen, exclaimation, Jovan, adidas moves, Rimmel, Stetson, Vanilla Fields, JOOP!, Vivienne, Westwood Manifesto, Calgon)
DelLaboratories (Sally Hansen, Flame Glow)
Dial Corp. (Purex, Renuzit, Breck)
Dracket Products (SC Johnson and Son)
Elizabeth Arden
El Sanifo
Erno LaszloGivaudan-Roure
HeleneCurtis
Johnson & Johnson (Neutrogena, etc)
Kimberly-Clark Corp. (KLeenex)
Lamaur Corporation (Willow Lake, color Soft, Style, Salon Style, Style Natural Reflections, Design Elements, Permasoft)
Lever Brothers (Unilever)
Mead
Melaleuca
Neoteric Cosmetics (Alpha Hydrox)
Playtex Corporation (Banana Boat, Woolite, Jhirmack)
Procter & Gamble (Cover Girl, Crest, Tide, Pantene, Vidal Sassoon, Richardson-Vicks, Oil of Olay, noxell, Max Factor, etc)
Rickett Benckiser (Air Fresh, Air Wick, Lysole, Resolve, Easy-Off, Lime-A-Way, Woolite, Vanish, OldEnglish, O'Cedar Calgonite, Electrasol, Gaviscon, mop & Glo, French's mustard, etc)
CS Johnson Wax and Dow brands
Schering-Plough (Coppertone, Dr. Scholls, Tinactin, Afrin, etc)
SmithKline Beecham
Sun Star
Warner-Lambert (Trident, Rolaids, Schick, Lubriderm, Listerine, efferdent)
(nb: this is only U.S. companies)

For a list of products that do not use animal testing in their production, contact:
Choose Cruelty Free
PO box 120005
A' Beckett st, Melbourne 3000
ph: 9328 1377 fax: 9328 2117
admin@choosecrueltyfree.org.au
www.choosecrueltyfree.org.au

Alternative Cleaning Products

BATHROOM:
-Vinegar is an excellent all round disinfectant to wipe over all bathroom surfaces. For extra clean-out sprinkle in some bicarb soda too. Leave on ecup of vinegar in the toilet bowl and scrub (Bicarb for extra power).
-Substitute bicarb soda for toothpaste, add drops of peppermint oil for taste and avoid the sugars, colours, chemicals and packaging of conventional toothpaste.

KITCHEN:
-wipe off general kitchen grime with a damp cloth, a sprinkle of bicarb soda and a spray of vinager.
-add on ecup of vinager to half a bucket of warm water to clean your floors.
-clean burnt saucepans by heating a mixture of vinegar, salt and water on high gas for ten minutes-wash when cool.
-use biodegradable dishwashing detergent.
-vanilla essence wiped inside a smelly fridge, or a small amount of bicarb soda will deoderise it nicely.
-if you have ants, place cloves in their path and/or lemon juice around the sink.
-if you have cockroaches, use cucumber peeling to deter them.
-mice are repelled by peppermint oil

LAUNDRY:
-bleach is deadly. Try soaking clothes in one cup of lemon juice to half a bucket of water.
-eucalyptus oil is a great all purpose stain remover. add on teaspoon to each load to make clothes smell yummy and kill dust mites and bed bugs.
(From: melbourne uni environment department)

Go Vegan

The best way to avoid cruelty to animals is to avoid all products that contain animals or are produced by animals. Here are some contacts that may be useful if you decide to become vegan.

Animal Liberation victoria
PO Box 12838
A' Beckett Street, Melbourne 3000
94195188 Fax: 9419 5100

Vegan Wares Footware and Clothing
78 Smith St, Collingwood
9417 0230

food

Of course the main part of avoiding cruelty to animals is not eating them. But that is not the only food issue. Whether you're vegan, vegetarian, omnivorous, or even carnivorous you should consider where and how the food you are eating has been manufactured. Then there are several ways you can take back control over your own food sources.

Community gardens

The most comrehensive ction you take take in this matter is to take complete control and grow your own food. If you don't have any space where you live, there are several community gardens around Melbourne where you can start your own veggie garden. Find out if there's a local community garden near you. Here are some contacts:

Cultivating Community

A new group working on promoting and supporting the development of community gardens in the inner city.
Contact: cultivatingcommunity@yahoo.com

Friends of the Food Forest

An open community Permaculture garden growing food in our local park. Monthly working bees at Dunstone Reserve, Brunswick West on the second Saturday of the month, 10am-1pm.
Contact: Wendy and Stuart 9383 5785

Holden Street Neighbourhood House

North Fitzroy Community garden group meets at 128 Holden St, Fitzroy North.
Contact: 9489 9929

Port Melbourne Neighbourhood House

Vegie garden backyard project at Liardet St Community Centre, 146 Nott St, Port Melbourne.
Contact: 9646 2824

Organic/bio-dynamic

No synthetic pesticides, herbicides or fertilisers are used at any stage in the process of production of organic and bio-dynamic food. Foods produced by these methods taste better and are better for your health due to the absence of synthetic chemicals and higher nutrient levels. They are also better for the land, air and water as they avoid chemical pollution and over-intense farming techniques. bio-dynamic principles are based on an organic method of agriculture, along with a careful assessment of overall farm management to rejuvenate the soil.

Co-ops (already listed) offer healthy organic and bio-dynamic products that do not contain chemicals or come with excessive packaging. Local health food shops may also carry some organic stuff, and there are also some independent organic fruit and vegie shops around.. The Vic Market has a great organic fruit and veg sections, and Prahran and South Melbourne markets also have organic sections (they are more expensive). Prahran market also has Victoria's only organic butcher selling meat that has come from animals fed free-range and with food containing no chemicals.CERES has an organic fruit and vegie section at their market on Saturdays, and Wholefoods shops also sell organic stuff. You can even get organic fruit and veg home delivered!

Organic Contacts and Yum locations

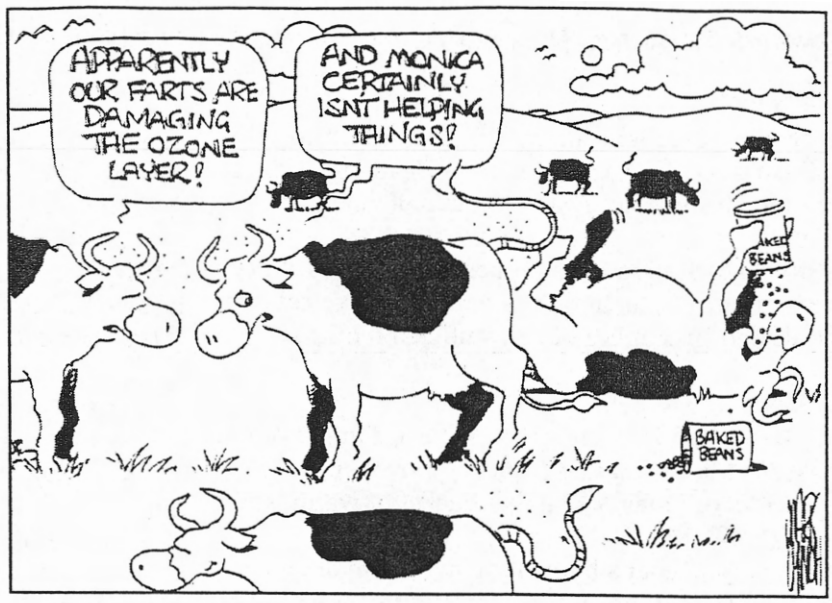
Greenline Organic Fruit and Vegie Delivery Service
9889 2299

Gertrude Street Organic Bakery
288 Gertrude St, Fitzroy
9417 5998

Natural Tucker Bakery
806 Nicholson St, North Carlton
9380 4293

CERES Centre for Education and Research in Environment Strategie
8 lee St, East Brunswick 3057
9387 2609 Fax: 9381 1844
ceres@enternet.com
www.ceres.vic.edu.au
(CERES a non-profit community based organisation on Merri Creek. It aims to raise awareness and promote action in environmental and social issues, through such displays and projects as the Low-Energy House, and an animal farm).

WWOOFing
Willing Workers on Organic Farms is a form of cultural exchange in which WWOOFers live and work as a family with a host farm and learn about the skills of organic growing and the area they are visiting. WWOOFing in Australia and their hosts make WWOOFing in Australia easy, safe and more fun for both Australian and overseas visitors to explore.
www.wwoof.com.au



Vegetarian and Vegan

You either eat animals or you don't. We won't go through all the environmental/health/ethical/moral/rational/practical reasons why you should or should not eat them now. Instead, here is a simple nutrition guide for those who wish to become vegetarian or vegan.

Some people who are new to vegetarianism worry that they won't get all the nutrients they need. You don't need to worry provided you eat a range of healthy foods. Here's what a healthy vegetarian diet looks like (according to a group of dieticians):

food group	daily serve	serving size
bread, cereal, rice	6 plus	1 slice bread 1/2 cup rice/pasta 30g cereal
vegetables	4 plus	1/2 cup cooked 1 cup raw
legumes and other meat substitutes	2-3	1/2 cup beans 125g tofu/tempeh 250ml soy milk 2 tblsp nuts/seeds
fruits	3 plus	1 piece 3/4 cup juice

Here's where you find some important nutrients:

PROTEIN: particularly good are legumes (lentils, kidney beans, baked beans, tofu, etc), nuts, and seeds, although these should be eaten in moderation because they contain fat. Also reasonably good are grains, (breads, breakfast cereals, rice, etc) and some vegetables (peas, broad beans, brussel sprouts, broccoli). Non-vegans get protein from eggs and dairy products, but they also contain fat and are not cruelty free. Also, many cheeses use rennet in the curdling process which is actually the stomach lining of a cow, so they are not even vegetarian. If you eat eggs, consider buying organic (free range is even dodgy because they only have to let the chickens out of the shed for a few hours a day).

B-GROUP VITAMINS: particularly good are whole grains, wheat germ, nuts and seeds, soy beans. Vegans should take a B12 supplement.

CALCIUM: particularly good are nuts, seeds, tofu made with calcium sulphate, fortified soy milk, soy beans, chick peas, broccoli and brussel sprouts. Non-vegans get calcium form dairy products. For maximum bone strength make sure you get regular, short exposure to sun light (sunlight on the skin produces vitamin D which is necessary to deposit calcium in the bones. Also get regular exercise)

IRON: particularly good are legumes, nuts, seeds, wholegrains, dried fruits, and leafy green vegetables. Many breakfast cereals are fortified with iron. To maximise iron absorption, include vitamin C in meals(fruit, vegetables, salad or juice)and don't drink tea with meals.

ZINC: particularly good are nuts, seeds, wheat germ, whole grains, legumes, tofu, soy protein, peas, bean sprouts and mushrooms.
(From: Animal Liberation Victoria)

Just for Vegans

Being vegan is hard if you don't have a good recipe

book and a knowledge of where to get the nutrients you need. Fortunately getting both is easy. Just check out alternative book stores or mailing catalogues and you will find plentiful (well some anyway) vegan information. Then all you have to do is not consume anything that involves the exploitation of animals in the production process. Actually, this is quite tricky also. Here is some information from an excellent Vegan cookbook called Soy not Oi! on what avoiding some common non-vegan naughties:

When first going vegan, shopping can be a bit tough. You have to read all the labels and see what is cool and what's not. You have to undergo the temporary pain of giving up some of your once favourite foods ("What? No more Cheetos?" "Isn't at least one brand of chocolate chip cookies vegan?"). Further, when dutifully checking those labels, you might not even know what some of the ingredients are. Of course, it's always good to avoid products with book length ingredients lists or the ingredients whose names you can't pronounce. Here are some others:

gelatin: used in jelly, marshmellows, candies like Starburst, jelly babies etc. This stuff is made with animal tissue so it's not even vegetarian.

whey: used in cookies, chocolate bars, chips, breads and a myriad of other baking goods, this little bastard of an ingredient seems to slip into every tastey sweet thing that would otherwise be vegan. Whey is the part left when a cow's milk is coagulated (like to make butter or cheese).

casein: this is a product made when milk is heated with an acid, like lactic acid. This stuff mostly occurs in "no-lactose" soy cheeses. Casein is also used in plastics, adhesives and paint manufacture.

caseinate: casein mixed with metal, like calcium caseinate or sodium caseinate.

stearate: this usually comes from calcium stearate, and is found in hard candies such as gobstoppers and sweethearts. It comes from stearic acid, which is usually derived rom tallow, or animal fat. Stearate is also used in vinyls and plastics.

calcium phosphate: this is often used in english muffins, breads, cereals, and other baked goods as a preservative. Preservatives are shitty enough, but this one is really just a fancy name for ground up animal bones and teeth.

rennet: this stuff is mostly used to curdle milk to make into cheese, but it is found in other stuff too. Rennet is the lining of the stomach of a calf. Absolutely fucking gross huh. Tell that to your veggie friends next time they're feasting on a pizza, as virtually all cheese is curdles with rennet, meaning that cheese isn't even vegetarian.

margarine: most brands of margarine aren't vegan, but some are, for example soy margarine.

Well now it sounds like you can't eat anything if you are vegan. In fact, now days it is probably a good idea to limit breathing with all the crap in the air, let alone eating with all the crap in food. But seriously now, don't despair because there is in fact a limitless variety of healthy and satisfying food that the compassionate diner can munch on. Spaghetti, tacos, country stews and vegetable casseroles are simple, or experiment with tofu, exotic vegetables and grains. Try Indian, Italian, Chinese and Mexican restaurants (beware of lard in some beans). Make easy tasty sandwiches with tomato, salad, avocado, falafel, hummus or good old peanut butter and banana (er, yeah). There is also an ever increasing range of animal free foods to be found in health food stores and co-ops like veggie burgers, egg-free mayonnaise, tofu hot dogs, soy milk, soy yoghurt, soy custard, soy everything!! There are stacks of delicious deserts as well, there is even dairy free chocolate and tofu ice cream-sounds disgusting, tastes delicious. . I promise. . .well try it yourself then.

Going vegan and continually building on your vegan lifestyle is a growing process. Minimally it means giving up meat, diary and other animal by-products, as well as refusing to wear them. Every further step you take to eliminate roducts of pain from life will bring the world a step closer to being a happier and healthier place for us all.

rad pad

Made from 100% colourful cotton fabrics, rad-pads are completely washable and re-usable menstrual pads. Secrecy and shame have shrouded menstruation in the past, but there's no room for secerecy or shame when using rad-pads. They'll be in the wash; they'll be on the line; they'll be tucked away in your draw, freshly laundered and ready for next time. Using rad-pads means supporting the liberation of menstruation form the negative attitudes of the past and replacing them with a celebration of womanhood.

Rad-pads are a healthier alternative for you and the environment to using conventional pads and tampons that contain chemical residues and plastics. As well as reducing landfill you'll be avoiding the use of a product that goes through a bleaching process in production in which effluent is released into the waterways contaminating water and the food chain with pollutants. It will also be alot cheaper for you over time if you give up on corporate sponsered menstruation and buy pads that can be used over and over again.

Rad-pads are sold in some co-ops including FoE and the Melbourne Uni food co-op (usually), and at Bliss in Lonsdale St. For more info contact:

Rad-Pads
PO Box 786, Castlemain, Vic 3450
ph: 903) 5472 4922 or enquiries@fertility.com.au

tasty treats prepared earlie

groups

Finally what you've been waiting for, what you've been wading through all the other stuff you already knew to find: here is your incomplete list of autonomous groups that are active in Melbourne at the momen

This list was started when many of these groups got together at a direct action networking meeting called *TWO MINUTES OF INFAMY*. The meeting was called so that radical grass-roots groups in Melbourne who use direct action as a form of resistance could meet up and discuss how to organise in a non-authoritarian, autonomous yet mutually aiding kick-ass way, thus together hastening the inevitable demise of capitalism. If you wish to join this list and increase the infamy please contact the compilers of this cookbook (see last page).

Anarchist Black Cross

Providing support for prisoners, they put out a zine of the same name.
Contact: P.O. Box 199 Brunswick East, Vic 3057
P.O. Box 691 Newton, NSW 2042
P.O. Box 558 Sth Brisbane, QLD 4101

ACA All City Anarchists

Group of Melbourne anarchists organising and participating in direct action, producing anarchist propaganda including a zine called Rich Man's Shadow and heaps of stickers to spread throughout Melbourne, and generally hanging out together and discussing anarchists and activist struggles etc. Sometimes known as Clowns Against Capitalism. Also have a website at <ww.flag.blackened.net/aca>
Contact: anarchism@disinfo.net

Activate

We produce an anarchist magazine aimed at teenagers. We also mail out free condoms to anyone who wants them. We started doing this because a lot of people who write to us are in the country or go to Catholic schools, and often find it difficult to get safe sex stuff. We also give people advice and support with their problems. We've helped a couple of teenagers do their own magazines, and we also make some pretty good stickers. If you're a teenager and you're interested in anarchism we're probably the best people to write to. If you want some condoms or stickers then write to us as well. If you have a little brother or sister who you want to get interested in anarchism, Activate is a good way to start. If you want to know what anarchist books and websites are the best ones to start with, we can help you with that as well. We answer every letter and every question we get (not just from teenagers).

If you can help us distribute Activate, write to us and we'll send you some copies. If you can also help with the mail that'd be great - at the moment we're a bit snowed under with the amount of mail that we're getting.

Activate zine is an independent publication that aims to put across alternative ideas about what its like to be young, and to expose traditionally accepted or hidden oppression that young people have to suffer right now. Available as hard copy or on web at www.activate.8m.com . Will publish anarchist stuff, especially directed at the under 18s and will also help with the distribution of condoms.
Contact: copsaretops@hotmail.com
Mail: PO Box 503 Newton, NSW 2042.

Annares Book Collective

A seller of material on collectives, direct action, anarchism, and political theory as well as being an online resource of material on working in collectives and consensus decision making at www.anarres.org.au.
Contact: mailorder@anarres.org.au
Mail: PO Box 150 East Brunswick, Vic 3053.

ASF-IWA

Anarcho Syndicalist Federation - International Workers Association

The ASF is an organisation that exists primarily to promote social change through the principles and practice of Anarchist unionism. By practicing such principles as

direct action, solidarity, mutual aid and accountability using non-hierarchical methods, it aims to completely change and reshape the world we live in for the better. Anarcho-Syndicalism aims to implement workers' self-management of the workplace, believing that those who participate in the creation of the materials that make up society should have full participation in the decisions that affect them and their community and equal access to these materials. While workplace/working class solidarity is our main focus we share the concerns of the wider Anarchist and anti-authoritarian movement.
The ASF-IWA is a federation of autonomous Anarchist unions across Australia. It is also a part of the global federation of national Anarchist unions that make up the IWA. As Syndicalists, whether as individuals or as a group, we have been/are involved in a number of projects concerned with workplace solidarity, the environment, education, indigenous issues and other community issues. One of our most important projects at the moment is the creation of an Aboriginal Embassy in Spain. Membership is open to all who are not bosses, cops, clergy, and position holders in authoritarian organisations such as political parties. For further information visit: <www.xchange.anarki.net/~asf-m/> <www.asf.cat.org.au> or <www.iwa-ait.com>.
Contact: asf-g@xchange.anarki.net
Mail: P.O. Box 98 Brunswick East, Vic 3057.
P.O. Box 1629 Morley, WA 6943.
P.O. Box 231, Westgate, NSW 2048.

A.W.O.L
Autonomous Web of Liberation

Autonomous Web of Liberation. A non-hierarchical, decentralised and autonomous network formed during the s11 action. Still existing primarily as a networking base (ie Two Minutes of Infamy was created out of AWOL). Still committed to taking direct action for social and environmental justice. Come along to a weekly meeting if you want to get informed about immediate actions, or propose an action and start up a working group to make it happen. AWOL also has a web mailing list with about seventy people currently subscribing, discussing and often heatedly debating a wide range of topics and current actions. We also play soccer on the last Sunday of every month (in theory). Some of us don't like capitalism very much.
email contact: s11awol@yahoo.com
website: antimedia.net/awol
but really, come to a meeting.

Barricade Books and Infoshop

Anarchist info and bookshop. They have introductory and in depth books on anarchism, history, anarcho-feminism, syndicalism, environmental issues, social justice, journals from Australia and international, heaps of pamphlets and some zines. There's also an extensive library so come in and read a book, talk, join the collective or even buy something. There are also some funny t-shirts and stuff, like one with Johnny Howard with an axe in his head, and the queens face crossed out etc.
Location: 115 Sydney Rd, Brunswick, Vic.
Ph: 9387 6646

Braille Action Group

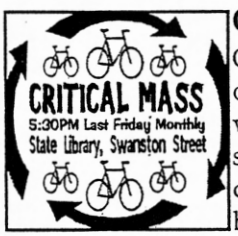
Non hierarchical group campaigning for and producing alternative literature in Braille format as well as compiling an alternative Braille library.
Would love alternative material sent on disc to be converted and embossed in a Braille format
Contact - via Grasslands Grocery and Infoshop
Contact: 9362 0830 fax: 9362 0810

Burma Support Group

Campaigning for a greater intake of Burmese refugees and on behalf of prisoners in Burma.
Contact: bsgmelbourne@hotmail.com

Compcoll

Computer collective providing online access and web hosting. Also provide e-mail service. Members take an active role in running service. Can provide training on web stuff.
Contact: www.xchange.anarki.net



Critical Mass

On the last Friday of the month in over sixty countries around the world thousands of riders take to the streets in a mass display of cycling celebration. For those in Melbourne, bring some wheels to the State library at 5:30 on the last Friday of every month and help reclaim our streets. We're not blocking traffic, we are traffic!

DATA
Dorks Advocating Total Anarchy

Fight the Jockocrasy now, <www.antimedia.net/data>
Contact:karen@antimedia.net
If you have dumb computer related questions, write to the list and a dork will help you: data@lists.myspinach.org

Dissenterlink

Dissenterlink is a zine produced by the IWW unemployed group. It is funny and informative, providing support and contacts for the unemployed suffering under the maddening oppression and illogic of Centrelink. www.iww.org.au
Contact: P.O. Box 145 Moreland, Vic 3058.

Earthworker

Earthworker is a caucus of trade union and environmental organisations' members coming together under the auspices of Victorian Trades Hall Council in the recognition that workers' rights and concern for the environment are a common issue.

The aims and objectives of Earthworker are: to promote

an open dialogue between trade unions and environmental organisations; to encourage the use of environmentally sustainable and socially just principles and techniques amongst Member Organisations and in the wider community; to promote and undertake research, education and policy development, in the areas of environmental protection, particularly in relation to industry; to support initiatives addressing indigenous people's self determination and sovereignty, to promote trade union membership among employees and volunteers of environmental and community organisations To network and encourage national and international dialogue and alliances between environment and trade union organisations.
Web: http://www.earthworker.org.au
Contact: (03) 9639 7688 PO Box 285 CARLTON SOUTH, VIC, 3053
email: earthworker@earthworker.org.au

ETCCP East Timor Community Computer Project

Helping East Timor students and communities build an independent computer center and providing solidarity from Australia. They currently have a volunteer computer technician (Rowan) based in Bebunok, just outside Dili who is working with local people to build a communications network, as well as helping to build a school and distribute things for children. The MUA is also helping out in Melbourne by gathering resources. They need your help. They need computers, children's clothes, toys and books, wood, iron, electrical and plumbing equipment. etccp@solidarity.infoshop.org.au
Contact: Steve 0409544088
Mail: P.O. Box 756 Brunswick Lower, Vic 3056.

Feminist Avengers

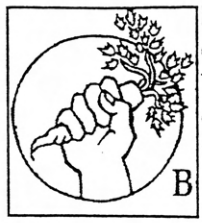
Feminist group kicking patriarchal ass through direct action.
Contact: feministavengers@yahoo.com

F. O. E. Friends of the Earth

FoE (Melbourne) is a community based activist organisation campaigning for social justice and environmental sustainability. They also have an organic food co-op and bookshop at 312 Smith Street, Collingwood. melbourne.foe.org.au. Groups that work out of FoE inlcude the Wetlands Group concerned with the privatization of water, water catchments and onsite sewerage; Forest Action Network seeking a sustainable and equitable timber industry, focused primarily on East Gippsland; and the Australian Indigenous Solidarity Group working with Aboriginal people on social justice issues.
Contact: foe@foe.org.au (03) 9419 8700

Forest Network

Meet 7pm Mondays at F.O.E.



FNB Food Not Bombs

Cooking and providing free organic Vegan food on the streets and at activist events and benefits. At the moment they do a regular kitchen on Mondays and Tuesdays (cooking starts at 5pm) and have meetings on Wednesdays (6.30pm). They welcome people to come and cook/give out food and are always looking for cooking equipment and ingredients, as well as space. At the moment they are based at Barricade bookshop.
Contact: P.O. Box 1158 Fitzroy North, Vic 3068, or contact them through Barricade.

Future Rescue

Support Network for environmental and forest based activism. Resources available include climbing gear, a trailer and kitchen stuff.
Contact: www.futurerescue.com

GECO Goongerah Environment Centre

A networking and political education collective working to protect the last remaining high Conservation Value Old Growth Forest in East Gippsland and Australia. Nonviolent direct action, forest blockades, political lobbying, police and worker liason, surveying for endangered species and public education. <www.pardigm4.com.au/geco>
Location: GECO RSD Bonang Rd, Goongerah 3888
Contact: 5154 0156

Health and Freedom Network

A newly established group consisting of people who identify as anarchists, as activists or as pissed off about the current condition of health care provision in Australia. Focusing on a critique of present health structures, migrant and refugee health, and state violence.
Contact: Healthandfreedomnetwork@Burningmail.com

Mebourne Indymedia

Indymedia is a worldwide independent media resource. Indymedia Melbourne has a local website which features open source publishing ie. anyone can post a story on it. Don't hate the media - be the media!!
Contact: mim@antimedia.net / 0401 414 772

IWW

Industrial Workers of the World, workers union organising for workers control through direct democracy. Produce the paper Direct Action. www.iww.org.au
Contact: melbourne@iww.org.au
Mail: Melbourne GMB, P.O. Box 145 Moreland, Vic 3058. Ph 0418 526 012

Jura Books

Books by mail order.
Contact: 440Parramatta Rd, Petersham, NSW, 2049

Libertarian Workers for Self-Managed Society

Produce news leaflet, the Anarchist Age weekly.
Contact: anarchistage@geocites.com
Mail: P.O. Box 20, Parkville, Vic 3052

No One Is Illegal

"You shall know no one is illegal. It is a contradiction in itself. People can be beautiful or even more beautiful. They may be just or unjust. But illegal? How can someone be illegal?" (Elie Wiesell)
Refugees, asylum seekers and migrants are under constant attack in Australia. Many who have braved harsh conditions and undertaken epic journeys arrive in Australia only to be locked up in so-called detention centres. They have no legal rights, no freedom of movement, and for the majority of the community may as well be invisible. Even when released from detention centres, they are provided with no assistance, no access to social services and are unable to work.
Other migrants who overstay their visas are either locked up or forced to live underground with the fear of being found and deported. No One Is Illegal is a group dedicated to challenging cultural assumptions surrounding all types of migrants and fighting for their full rights.
All people have the right to decide for themselves where and how they live. Respecting human rights for every human being regardless of their origin or identity means that the regulation of migration and the systematic denial of rights go against the demand for equality in all socially and politically relevant areas. To get involved come to a meeting of No One Is Illegal or email: NoOneIsIllegal@netscape.net or contact Andrea on 0403 483 595.

Nuclear Free Australia

Autonomous colective fighting for the irradication of the nuclear industry in Australia. Celebrity members include Blinky the three eyed fish.
marcusbrumer@hotmail.com
ph: 9754 1968

The Paper

The Paper is a fortnightly independent newspaper dedicated to topical issues and current happenings. It aims to be a forum for critical thought, where content and presentation of ideas remain unaffected by corporate and governmental influence.
The Paper is being produced in Melbourne (Australia) by a group of people who have experience in alternative media projects. The success of The Paper will depend entirely on the level of support that it is given.
www.thepaper.org.au
info@thepaper.org.au

Protest Singers

Group forming to share song ideas/ write songs for protests/actions. Currently an egroup discussion list with the aim of meeting regularly to work on ideas/rehearse
Contact: protestsingers@egroups.com

Pt'chang

Pt'chang - Nonviolent Community Safety Group
We all have a right to feel safe and we all have a right to control our own space. Pt'chang is an all volunteer, activist organisation set up to develop and implement empowering, effective and community-controlled ways of creating safety in our lives and communities.
Pt'chang provides extensive training in community safety and nonviolent intervention skills, as well as first aid, conflict resolution, alcohol and other drug and responding to sexual assault training. Pt'chang can also provide trained teams of peacekeepers or legal observers at events, campaigns and actions. Pt'chang teams can include radio communication networks, crisis counsellors and peacekeepers. Pt'chang also offers debriefing for activists after particular actions or at the end of a campaign. In an era of video surveillence, private security and privatised public space, many 'community safety' initiatives can be isolating for people, promoting 'shut down' behaviours, generating fear of outsiders, and undermining people's sense of community. Pt'chang believes that safety is a sense of having choice and control over our lives. Pt'chang helps communities create safety themselves, nonviolently, with community-building approaches that also serve to intervene in the process of mainstream 'community safety' initiatives being used to further extend social control mechanisms. Pt'chang is always seeking volunteers and runs weekend trainings regulary. Pt'chang meets fortnightly, operates using consensus and has a regular newsletter.
Contact: PO Box 69 Brunswick Victoria 3056
Ph: 03 9517 3120
email: ptchang@angelfire.com

SKA T.V.

Independent media tirelessly roving around Melbourne covering actions and events. They produce Access News, aired every Monday at 8:00 pm on channel 31 as well as at Trades Hall.
Contact: 96636976 or Trades Hall (they are based there).

SCAM Publishing

SCAM publications produce, promote, and distribute anarchist literature, with a focus on original and local material. They are non-profit so nobody running the publication gets paid. All SCAM money goes to anarchist organisations. They foster community, mutual aid, and direct action and aim to propagate anarchist ideas

in all facets of life and labour.
<www.xchange.anarki.net/~scam>
Contact: scam@xchange.anarki.net
Mail: PO Box 756 Brunswick Lower 3056 Vic.

SUWA show

Squatters and Unwaged Airwaves
Since 1985 the SUWA show has been covering local and overseas direct action from a libertarian perspective. Our prime interest is in unwaged and housing issues, but much of the show covers troublemaking in general. Currently we are limited to covering what we personally know of, hear about or glean from the net. The more that direct action folks contact us, the more we can report on and promote. Time permitting. We can also help out with producing community announcements to advertise actions and events on other programs.
Listen in 5.30-6.30pm every Friday on radio 3CR- 855am
Contact: c/o kokoshkar@hotmail.com or
margaret@rie.net.au

TIARA

Cultural reclamation group, billboard liberation etc.
<www.cleansurface.org>

Victorian Social Justice Council

Unemployed workers group.
Contact: coming soon

WageWar

Unemployed workers zine (anarchist).
Contact: P.O. Box 231, Westgate, NSW 2048

West Papua Environment Network

Newly established group focussing especially on mining and forestry industries in West Papua. Running cultural exchange programs to West Papua in the next year. Working out of old East Timor office in Trades Hall.
Contact: George 0402 459 039
or thru Future Rescue web page

West Papuan Independence Support Group

Group established around issues of West Papuan Independence. Since December first this year, when Indigenous West Papuans initiated renewed efforts toward independence, this issue has become an immediate and significant concern. The Indonesian army (part of which consists of the same soldiers who personally devastated East Timor) has already committed acts of atrocity and, with the support of the Australian government, promises to deliver more. Acts of social and environmental injustice are being committed daily in West Papua. They need our solidarity now.
Contact: George 0402 459 039

Wildcat Collective

Contact: wildcat@start.com.au
Mail: P.O. Box 8084, Hindley St., Adelaide, SA 5000.

Wiseworld

Victoria's quarterly wall-chart calendar of progressive culture promoting all the 'Good Guys' that are making a positive difference at all levels: personal, society & global. Each issue contains over 100 festivals, seminars, social change and art from many varied organisations.
Contact: 9417 2025 fax: 94172448
dnaylor@interdomain.net.au

WTO Watch Victoria

Keeping an eye on the world's vile merchants of misery, the WTO and IMF and there fledglings.
Contact: composer@alphalink.com.au

Xborder

Resources and actions against border controls and enclosures - against state controls on our movements.
<www.antimedia.net/xborder>
Contact: Xborder@yahoo.com.au

YREC - Yarra Ranges Environment Coalition

Contact : PO Box 444 Healsville 3777
email: yrec@care2.com

websites

THE CORPORATE AUTOCRACY
Devoted to the 'Bretton Woods' terrible twins (IMF and World Bank): www.brettonwoodsproject.org
Lots on UN institutional entanglement with corporate agendas: www.corpwatch.org
European Network on Debt and Development: www.oneworld.org/eurodad
Global Policy Forum - examines the institutions of global policy: www.globalpolicy.org
Drop the Debt!: www.jubilee2000.org.au
50 Years is Enough' website: www.50years.org/index1.html
Celebrate the unglories of the WB's zeal to impoverish the majority of the world: www.whirledbank.org
Third World Network - issues surrounding impact of Northern economic policies on the South
www.twnside.org.sg

ECO-DEFENCE
Friends of the Earth International - articles on 'ecological debt': www.foei.org
Eco-action updates: www.eco-action.org/dod
Earth Liberation Front: www.earthliberationfront.com
Info on Victoria's state of the environment: www.envict.org.au

GENERAL NEWS and INFO
New Internationalist magazine - a useful resource: www.oneworld.org/ni
Ainfos - Anarchist news and archives: www.ainfos.ca/en
Infoshop: www.infoshop.org/news.html
Crime Think :www.crimethinc.com
Geocites: www.geocites.com/kk_abacus
Anarchist: www.flagblackened.net
Anarchist: www.spunk.org

SUVERSION
Adbusters: www.adbusters.org
Melbourne billboard subversion archives: www.cleansurface.org
Subverse images: www.subvertise.culturejamming

USELESS CRAP - But Fun
Brick a Brand Computer Game :www.urban75.com/Mag/brand.html

~~this is not the end~~

Oh, no, this is the beginning! We told you this thing was incomplete, and the stuff left out is really importar needs to be put in. But we also want to get this cookbook out as fast as possible. Si we're going to stop her say, please send us any information you have on carrying out direct action in defence of environmental a social justice.

In the next edition of this cookbook we hope to cover areas missed here including:

subversion
billboard liberation
indigenous rights and protest
trespassing on nuclear power stations
invisible theatre and street theatre
disinformation
media sabotage
animal liberation
more more MORE

Oh yeah, here is a section called making an activists cookbook:

~~making an activists' cookbook~~

contact: headchefs@rescueteam.com

Are you an autonomous, non-hierarchical group or person that is active in Melbourne? Are you not mentic the Tastey Treats section? Are you tastey? Then why aren't you there? Contact us and we will stick you in diately. To tell people about yourself face to face, come to the next Two Minutes of Infamy. We don't know it is yet . . . but it's coming.

Thanks to all the people who are anti-copyright whose stuff we ripped off. These include: To all the peopl are copyright whose stuff we ripped off, you get no thanks. Thanks everyone else who knowingly contril contributed.

This information is available and downloadable off the AWOL website under Melbourne Activists' Cook